



## ABOUT SANARE DREXEL HILL

**Sanare Drexel Hill** supports adults navigating mental health challenges and trauma-related experiences while balancing work, relationships, and daily responsibilities. This location offers structured pathways that include comprehensive group support, specialized trauma-focused programming, individual therapy, and personalized intensives.

The work takes place in small groups and individual sessions led by therapists who bring steadiness, creativity, and full human presence into the room. Skills are practiced in real time, revisited, and strengthened through repetition. When trauma is part of the story, pacing remains thoughtful and grounded. For those seeking a more concentrated reset, personalized intensives provide focused time and space to deepen the work.

Whether you're choosing care for yourself or someone else, **Sanare Drexel Hill** offers a place where meaningful progress is built through structure, repetition, and the kind of follow-through that turns insight into lived change.

5039 Township Line Rd,  
Drexel Hill, PA 19026

### PROGRAMS OFFERED HERE

#### CORE IOP

Small-group therapy for individuals who need steady, well-rounded support while staying engaged in their daily lives. Group sizes are kept small, keeping the work deeply human, experiential, and grounded in real connection.

MON TUE THU FRI 10:00–12:15 am

#### TRAUMA-FOCUSED IOP

Small-group therapy paired with individual work for adults processing trauma. Grounded in safety, trust, and thoughtful pacing, allowing strength to rebuild without being rushed.

MON WED FRI 10:30am–12:45 pm  
Individual session on TUE/THU

#### INDIVIDUAL THERAPY

Flexible one-on-one therapy for those seeking ongoing support and personal growth.

Call for availability

#### PERSONALIZED INTENSIVES

Focused, short-term one-on-one therapy designed for deeper exploration. Sessions are extended and paced with care, guided by EMDR and integrative approaches.

Call for availability



Connect with us: (610) 344-9600  
start@sanaretoday.com

sanaretoday.com