



ABOUT SANARE HERSHEY

Sanare Hershey supports adolescents navigating mental health challenges while balancing school, relationships, and daily responsibilities. This location also supports adults working through the ongoing impact of trauma while balancing work, family, and everyday life. Programs include structured group support for adolescents, trauma-focused programming for adults, and individual therapy for those seeking one-on-one support.

The work takes place in small, consistent groups and individual sessions led by therapists who bring steadiness, creativity, and full human presence into the room. For adolescents, groups focus on building emotional awareness, strengthening coping skills, and practicing new responses in real time within a steady rhythm. For adults processing trauma, sessions are grounded in safety and thoughtful pacing, helping separate the past from the present while strengthening stability in everyday life.

Whether you're seeking support for yourself or your child, **Sanare Hershey** offers a place where steady practice and consistent support help strength take shape over time.

1129 W. Governor Rd.,
Hummelstown, PA 17036

PROGRAMS OFFERED HERE

CORE IOP FOR ADOLESCENTS

Small-group therapy for adolescents who need steady, well-rounded support while staying engaged in their daily lives. Groups stay small, allowing the work to remain human, experiential, and grounded in real connection.

MON TUE WED THU 3:30-5:45 pm

TRAUMA-FOCUSED IOP FOR ADULTS

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 10:00-12:15 pm
Individual work on TUE/THU

INDIVIDUAL THERAPY FOR ADULTS & ADOLESCENTS

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

Call for availability



sanaretoday.com

Connect with us: (610) 344-9600
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