



# ABOUT SANARE LANCASTER

**Sanare Lancaster** supports adults navigating the ongoing impact of trauma while balancing work, relationships, and daily responsibilities. This location is dedicated to trauma-focused programming designed for individuals seeking structured, consistent support as they work to regain steadiness in everyday life.

The work takes place in small groups and individual sessions led by trauma-trained therapists who bring steadiness, creativity, and full human presence into the room. Sessions are grounded in safety and thoughtful pacing, helping separate the past from the present while strengthening stability over time. Skills are practiced in real time, reflected on, and reinforced through repetition so new responses can take hold in daily life.

Whether you're choosing support for yourself or someone else, **Sanare Lancaster** offers a steady environment where consistent practice and structure allow strength to return.

180 W Airport Rd.,  
Lititz, PA 17543

## PROGRAMS OFFERED HERE

### 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 9:00–11:15 pm  
Individual work on TUE/THU

## OTHER NEARBY SANARE LOCATIONS

### IN-PERSON & ONLINE PROGRAMS VARY BY LOCATION

- Exton
- Hershey
- Wyomissing
- Sanare Virtual—PA



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