



ABOUT SANARE WYOMISSING

Sanare Wyomissing supports adults navigating intense emotions, relationship strain, and patterns that can feel hard to interrupt. Grounded in Dialectical Behavior Therapy, this program is designed for adults balancing work and daily responsibilities who benefit from learning practical skills that help steady emotional responses in everyday life.

Groups take place in small, consistent settings where therapists bring structure, clarity, and full human presence into the room. DBT skills are introduced, practiced, and revisited in real time so they can be used when emotions run high. Over time, repetition and accountability help those skills become more natural outside the therapy room.

Whether you're seeking support for yourself or helping someone take the next step, **Sanare Wyomissing** offers a place where emotional steadiness is built through practice, consistency, and shared effort.

14 Commerce Dr.,
Reading, PA 19610

PROGRAMS OFFERED HERE

DBT-FOCUSED IOP FOR ADULTS

Skills-based therapy that combines small-group work and individual sessions to help adults build steadier responses to intense emotions, stress, and relationship challenges.

MON WED FRI 9:00–11:15 am
Individual work on TUE/THU

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & ONLINE PROGRAMS VARY BY LOCATION

- Collegeville
- Exton
- Lancaster
- Sanare Virtual-PA



sanaretoday.com

Connect with us: (610) 344-9600
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