



# BEGIN YOUR PATH FORWARD IN PA

Whether you are choosing care for yourself or for someone else, choosing the right path forward matters.

At Sanare, we believe every person carries an inner fire that grows stronger through guidance, practice, and support. With small-group therapy done the Sanare way, that strength can rise, take shape, and become resilience.

Our way is grounded in **authenticity, creativity, and connection**. Therapists bring their full selves to the work, clients practice new skills in creative ways, and relationships become the foundation for meaningful change.

Across Pennsylvania, our programs are designed to offer the right level of support, in the right place, at the right time.

## PENNSYLVANIA OFFICE LOCATIONS

- Downingtown
- Doylestown
- Drexel Hill
- Exton
- Hershey
- King of Prussia
- Lancaster
- North Wales
- Philadelphia
- Wyomissing
- Yardley
- Virtual – PA

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[sanaretoday.com](http://sanaretoday.com)

	CORE PHP	TRAUMA FOCUSED PHP	CORE IOP	DBT FOCUSED IOP	TRAUMA FOCUSED IOP	INDIVIDUAL THERAPY	PERSONALIZED INTENSIVES
Doylestown					✓ ADULTS	✓ ADULTS	
Drexel Hill			✓ ADULTS		✓ ADULTS	✓ ADULTS	✓ ADULTS
Exton	✓ ADULTS & ADOLESCENTS	✓ ADULTS	✓ ADULTS, YOUNG ADULTS, ADOLESCENTS, TWEENS		✓ ADULTS	✓ ADULTS & ADOLESCENTS	✓ ADULTS & ADOLESCENTS
Hershey			✓ ADULTS		✓ ADULTS	✓ ADULTS & ADOLESCENTS	
King of Prussia			✓ ADULTS, ADOLESCENTS, TWEENS	✓ ADULTS	✓ ADULTS	✓ ALL AGES	
Lancaster					✓ ADULTS		
North Wales			✓ ADULTS			✓ ADULT	
Philadelphia	✓ ADULTS		✓ ADULTS	✓ ADULTS	✓ ADULTS plus LGBTQIA+	✓ ADULTS & ADOLESCENTS	✓ ADULTS & ADOLESCENTS
Wyomissing				✓ ADULTS			
Yardley				✓ ADULTS			
Sanare Virtual			✓ ADULTS (ALL), WOMEN, ADOLESCENTS	✓ ADULTS	✓ ADULTS plus LGBTQIA+	✓ ALL AGES	✓ ADULTS