



# BEGIN YOUR PATH FORWARD IN DE

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 Wilmington and the surrounding region, our programs are designed to offer the right level of support, in the right place, at the right time.

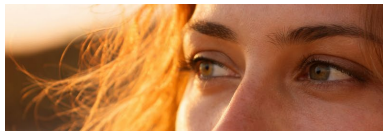
## DELAWARE OFFICE LOCATIONS

- North Wilmington
- Wilmington
- Virtual – DE

Connect with us: (302) 999-9812  
[start@sanaretoday.com](mailto:start@sanaretoday.com)



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

	CORE IOP	DUAL IOP	DBT FOCUSED IOP	TRAUMA FOCUSED IOP	INDIVIDUAL THERAPY	PERSONALIZED INTENSIVES
<b>Sanare N. Wilmington</b> 1401 Silverside Road, Suite 3A	✓ ADULTS	✓ ADULTS				
<b>Sanare Wilmington</b> 5171 W. Woodmill Dr, Suite 9	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ ADULTS
<b>Sanare Virtual – Delaware</b>	✓ ADULTS	✓ ADULTS			✓ ADULTS	✓ ADULTS

### Core IOP

Small-group therapy for adults 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.

### Dual IOP

Integrated care for adults navigating mental health and substance use together. Treatment addresses the full picture, supporting lasting change rather than short-term fixes.

### DBT-Focused IOP

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

### 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.

### Individual Therapy

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

### Personalized Intensives

Focused, short-term one-on-one therapy designed for deeper exploration through extended, thoughtfully paced sessions, guided by EMDR and integrative approaches tailored to the individual.