



ABOUT SANARE VIRTUAL-NC

Sanare Virtual – North Carolina supports adults navigating mental health challenges while balancing work, relationships, and daily responsibilities. This virtual option is designed for those exploring consistent, structured support through a remote setting.

The work here happens in small groups and individual sessions led by Sanare therapists who bring the same steadiness, authenticity, and human presence into the virtual room.

Skills are practiced in real time, revisited and built upon, with thoughtful pacing that allows change to take hold without rushing.

Whether you're choosing care for yourself or someone else, Sanare Virtual – North Carolina offers a way to engage in real, steady work with the same intention and care as Sanare's Raleigh and Wilmington locations.

PROGRAMS OFFERED HERE

CORE IOP FOR ADULTS

Small-group therapy for individuals who need steady, well-rounded support while staying engaged in their daily lives. Group sizes are kept small, keeping the work deeply human, experiential, and grounded in real connection.

MON TUE WED THU 6:00–8:15 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 am–12:15 pm
Individual session on TUE/THU

INDIVIDUAL THERAPY FOR ADULTS

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

Call for availability

PERSONALIZED INTENSIVES FOR ADULTS

Focused, short-term one-on-one therapy designed for deeper exploration. Sessions are extended and paced with care, guided by EMDR and integrative approaches.

Call for availability



Connect with us: (610) 344-9600
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