



ABOUT SANARE YARDLEY

Sanare Yardley supports adults navigating the ways trauma can continue to shape emotions, relationships, and everyday life. The work takes place in small, consistent groups where safety, trust, and human connection create space for meaningful change.

With the support of trauma-trained therapists, participants learn to recognize patterns shaped by past experiences, strengthen skills for staying grounded in the present, and practice new responses in real time.

Whether you're exploring support for yourself or helping someone take the next step, Sanare Yardley is a place to work through the lasting impact of trauma while building greater steadiness, confidence, and connection in the life you're living now.

385 OXFORD VALLEY RD
SUITE 412
YARDLEY, PA

PROGRAMS OFFERED HERE

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.

MON WED FRI 1:00–3:15 pm
Individual work on TUE/THU

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & ONLINE PROGRAMS VARY BY LOCATION

- Doylestown
- North Wales
- Philadelphia
- King of Prussia
- Sanare Virtual



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