

ABOUT SANARE NORTH WALES

Sanare North Wales supports adults navigating mental health challenges while balancing work, relationships, and daily responsibilities. This location offers structured group support for adults seeking a steady place to strengthen emotional awareness, build coping skills, and develop healthier responses in everyday life. Individual therapy is also available for those who benefit from focused one-on-one support.

The work takes place in small, consistent groups and individual sessions led by therapists who bring steadiness, creativity, and full human presence into the room. Skills are practiced in real time, reflected on, and strengthened through repetition within a clear and steady rhythm. Over time, this consistency allows new patterns to take hold beyond the therapy room.

Whether you're seeking support for yourself or helping someone take the next step, Sanare North Wales offers a place where steady practice and consistent engagement help meaningful change take root.

1140 Welsh Rd.,
North Wales, PA 19454

PROGRAMS OFFERED HERE

CORE IOP FOR ADULTS

Small-group therapy for adolescents 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.

MON TUE WED FRI 10:00–12:15 pm

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & ONLINE PROGRAMS VARY BY LOCATION

- Doylestown
- Exton
- King of Prussia
- Virtual-PA



sanaretoday.com

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