



ABOUT SANARE DREXEL HILL

Sanare Drexel Hill supports adults navigating mental health challenges while balancing work, relationships, and daily responsibilities. This location offers structured pathways that include comprehensive group support through Core IOP as well as individual therapy for those seeking one-on-one care.

The work takes place in small groups led by therapists who bring steadiness, creativity, and full human presence into the room. Skills are practiced in real time, revisited, and strengthened through repetition, helping participants better understand patterns, manage emotions, and respond to the challenges of everyday life. Individual therapy provides dedicated space to explore concerns and goals with tailored support.

Whether you're choosing care for yourself or someone else, Sanare Drexel Hill offers a place where meaningful progress is built through structure, connection, and the kind of consistent follow-through that helps new skills and insights become part of daily life.

5039 Township Line Rd,
Drexel Hill, PA 19026

PROGRAMS OFFERED HERE

CORE IOP

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 THU FRI 10:00–12:15 am

INDIVIDUAL THERAPY

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

Call for availability

Connect with us: (610) 344-9600
start@sanaretoday.com



sanaretoday.com