



ABOUT SANARE WILMINGTON

Sanare Wilmington supports adults navigating trauma, overwhelming emotions, and other mental health challenges while staying connected to work, relationships, and everyday life. The location offers Trauma-Focused IOP and DBT IOP, as well as individual outpatient therapy to support a wide range of mental health needs.

Our intensive outpatient programs bring together small groups led by experienced, compassionate therapists in a structured and supportive environment. Through evidence-based therapeutic approaches, meaningful group connection, and opportunities to practice new ways of responding in real time, participants build healthier patterns that carry into everyday life.

Whether you're exploring care for yourself or helping someone find support, **Sanare Wilmington** offers a place where change can take hold and lasting progress can begin.

5 Silva Terra Drive, Unit 130
Wilmington, North Carolina

INSURANCE PLANS ACCEPTED HERE

FOR IOP

Aetna
Blue Cross Blue Shield
Carelton
Cigna
GEHA
Optum
Unitedhealthcare
UMR
TRICARE
VACCN

FOR INDIVIDUAL THERAPY & PERSONALIZED INTENSIVES

Aetna
Blue Cross Blue Shield
TRICARE



sanaretoday.com

Connect with us: (984) 230-2323
start@sanaretoday.com

**TRAUMA-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am-12:15 pm
Individual work on TUE/THU

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
FOR AGES 5+**

Call for availability

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

ADDITIONAL PROGRAMS OFFERED VIRTUALLY IN NC:

**CORE IOP
FOR ADULTS**

MON TUE WED THU
6:00-8:15 pm

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.

**DBT-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am-12:15 pm
Individual work on TUE/THU

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

**PERSONALIZED INTENSIVES
FOR ADULTS**

Call for availability

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.