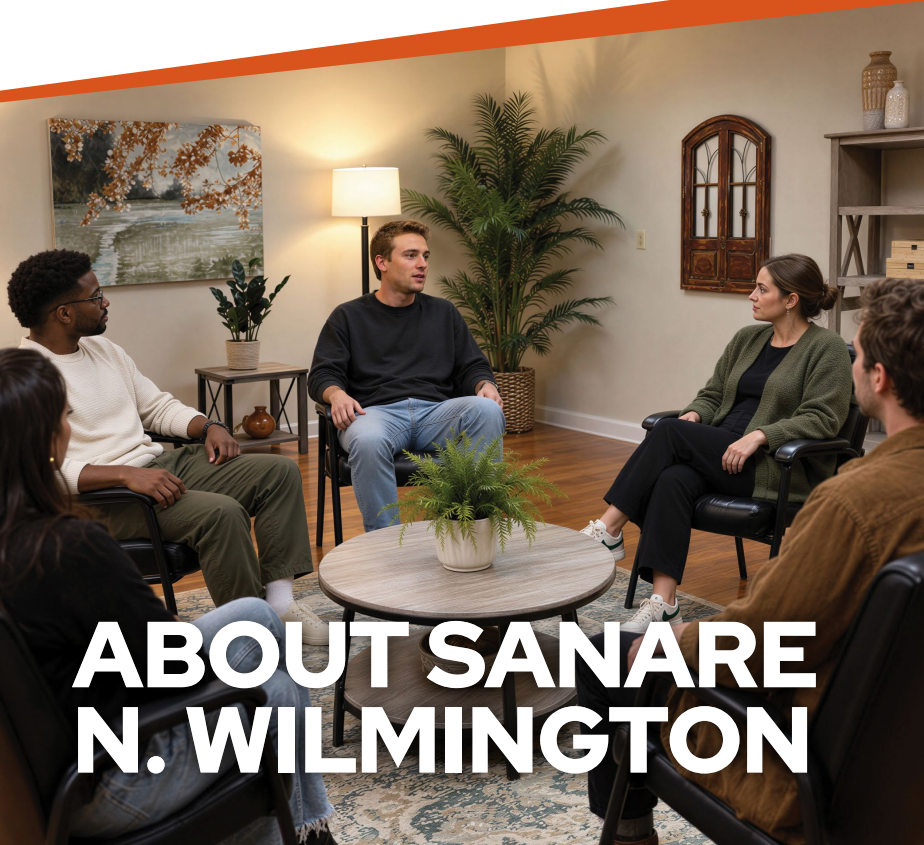




ABOUT SANARE N. WILMINGTON

Sanare North Wilmington helps adults who need more support than weekly therapy alone can provide while continuing to navigate the responsibilities of everyday life. Core IOP creates dedicated time and structure to work through challenges, build useful skills, and develop healthier ways of responding when things feel difficult.

In small, consistent groups, participants learn alongside others while putting new skills into practice. Therapists bring curiosity, creativity, and genuine human connection into the room, helping participants recognize patterns, try different responses, and strengthen what works through repetition and real-world application.

Whether you're looking for more support in your own life or helping someone find the right next step, Sanare North Wilmington offers a place to create change that can carry into life beyond the therapy room.

1401 Silverside Rd, Suite 3A
North Wilmington, DE

PROGRAMS OFFERED HERE

CORE IOP FOR ADULTS

Structured group therapy for adults navigating anxiety, depression, stress, and other mental health challenges. Participants better understand patterns, strengthen practical coping skills, and develop healthy ways of responding to challenges as they arise.

MON TUE WED THU 12:00–2:15 pm

MON TUE WED THU 5:30–7:45 pm

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & VIRTUAL PROGRAMS VARY BY LOCATION

- Wilmington
- Virtual Delaware (available statewide)



sanaretoday.com

Connect with us: (302) 999-9812
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