



ABOUT SANARE RALEIGH

Sanare Raleigh supports adults who may benefit from more structure, more focused work, or a different way of approaching challenges that have become difficult to navigate alone. With several pathways available, support can meet a range of needs, from everyday mental health concerns to intense emotions and the lasting effects of trauma.

The work is designed to move beyond insight alone. Participants have opportunities to recognize patterns, learn practical skills, and practice responding differently when familiar challenges show up. Individual options provide additional space to explore a specific concern or concentrate the work when that feels most useful.

Whether you're seeking support for yourself or helping someone find a way forward, Sanare Raleigh offers multiple paths, each designed to help turn new understanding and skills into meaningful change beyond the therapy room.

1100 Navaho Drive, Suite 125
Raleigh, North Carolina

PROGRAMS OFFERED HERE

CORE IOP

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.

DBT-FOCUSED IOP

Small-group therapy for adults navigating both mental health and substance use concerns. Participants explore how the two can influence one another while building practical skills to interrupt patterns, manage challenges, and support meaningful change in everyday life.

TRAUMA-FOCUSED IOP

Small-group therapy for adults whose past experiences continue to shape how they respond or move through everyday life. Participants work to understand trauma-related patterns, build greater stability, and develop new ways of responding that create room for life beyond them.

INDIVIDUAL THERAPY

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

PERSONALIZED INTENSIVES

Extended one-on-one therapy designed for deeper exploration.



sanaretoday.com

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

**CORE IOP
FOR ADULTS**

MON TUE THU FRI
10:00 am-12:15 pm

**DBT-FOCUSED IOP
FOR ADULTS**

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

**TRAUMA-FOCUSED
FOR ADULTS**

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

**INDIVIDUAL THERAPY
FOR AGES 13+**

Call for Availability

**PERSONALIZED INTENSIVES
FOR ADULTS**

Call for Availability

INSURANCE PLANS

ACCEPTED HERE

FOR IOP

Aetna, Blue Cross Blue Shield, Carelon, Cigna, GEHA, Optum, Unitedhealthcare, UMR, TRICARE, and VACCN

FOR INDIVIDUAL THERAPY & PERSONALIZED INTENSIVES

Aetna, Blue Cross Blue Shield, and TRICARE