



ABOUT SANARE VIRTUAL NC

Sanare Virtual North Carolina makes it possible to engage in meaningful therapeutic work without adding the demands of getting to and from a physical location. With group and individual options available, participants can find support for a range of needs, including mental health challenges, difficulty navigating intense emotions, and the lasting effects of trauma.

Sessions are designed for active participation, even through a screen. Participants can recognize patterns, learn practical skills, and practice new responses while staying rooted in the environments where everyday challenges actually happen. Individual options allow the work to become more focused when a particular concern needs greater attention.

Whether you're seeking support yourself or helping someone explore what might fit, Sanare Virtual North Carolina offers several ways to begin, making meaningful support accessible wherever you are in the state.

Available Statewide to
All North Carolina Residents

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 WED THU
6:00–8:15 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 5+**

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