



ABOUT SANARE WILMINGTON

Sanare Wilmington supports adults who may need something more focused than a one-size-fits-all approach. With several programs available, the work can respond to what someone is experiencing, from managing emotions or substance use to the lasting effects of trauma.

For some, the work may center on navigating intense emotions or changing patterns that no longer serve them. For others, it may mean addressing the relationship between mental health and substance use or working through trauma with greater intention. The goal is for what happens here to make a difference in life outside the room.

Whether you're looking for support yourself or helping someone find what comes next, Sanare Wilmington offers different ways to begin and the flexibility to find a path that makes sense.

5171 W. Woodmill Dr, Suite 9
Wilmington, DE

PROGRAMS OFFERED HERE

DBT-FOCUSED IOP

Skills-focused small-group therapy for adults who want to respond differently when emotions run high or familiar patterns always take over. Participants learn practical tools, put them into practice, and build greater confidence using them in relationships and everyday life.

DUAL 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: (302) 999-9812
start@sanaretoday.com

**DBT-FOCUSED IOP
FOR ADULTS**

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

**DUAL IOP
FOR ADULTS**

MON TUE WED THU
5:30-7:45 pm

**TRAUMA-FOCUSED
FOR ADULTS**

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

**INDIVIDUAL THERAPY
FOR ADULTS**

Call for Availability

**PERSONALIZED INTENSIVES
FOR ADULTS**

Call for Availability

OTHER NEARBY SANARE LOCATIONS
IN-PERSON & VIRTUAL PROGRAMS VARY BY LOCATION

- North Wilmington
- Virtual Delaware (available statewide)