



ABOUT SANARE WYOMISSING

Sanare Wyomissing supports adults who may understand what they want to change but need more practice responding differently when emotions run high. DBT-Focused IOP provides a structured small-group setting where participants can learn practical skills and begin using them in the situations that make everyday life difficult.

The work is active and skills-focused. Participants practice ways to manage intense emotions, navigate difficult moments, and become more intentional in how they respond to themselves and others. Repetition matters, giving new skills the opportunity to become more familiar and easier to access when they're needed most.

Whether you are seeking support for yourself or helping someone find the right next step, Sanare Wyomissing offers a place to turn what is learned in therapy into something that can be used in everyday life.

14 Commerce Drive
Reading, PA 19610

PROGRAMS OFFERED HERE

DBT-FOCUSED IOP FOR ADULTS

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.

MON WED FRI 10:00 am–12:15 pm
Individual work on TUE/THUR

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & VIRTUAL PROGRAMS VARY BY LOCATION

- Collegeville
- Exton
- Lancaster
- Sanare Virtual-PA



sanaretoday.com

Connect with us: (610) 344-9600
start@sanaretoday.com