



ABOUT SANARE LANCASTER

Sanare Lancaster supports adults whose past experiences may still influence how they feel, respond, or connect with the world around them. Trauma-Informed IOP provides a small-group setting where participants can begin recognizing these patterns while building greater stability in everyday life.

The work is grounded in an understanding that difficult experiences can shape more than what someone remembers. They can influence relationships, reactions, and the ways people learn to protect themselves. Therapy creates space to approach those patterns with curiosity and practice responses that open up new possibilities. Individual Therapy is also available when dedicated 1-on-1 support is appropriate.

Whether you're seeking support for yourself or helping someone find the right next step, Sanare Lancaster offers space to understand what may be shaping the present and begin approaching life differently.

180 W Airport Rd, Suite C
Lititz, PA 17543

PROGRAMS OFFERED HERE

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.

MON WED FRI 9:00–11:15 am
Individual work on TUE/THU

INDIVIDUAL THERAPY

Flexible one-on-one therapy for those seeking ongoing support and personal growth. Ages 14+.

Call for Availability

OTHER NEARBY SANARE LOCATIONS

IN-PERSON & VIRTUAL PROGRAMS VARY BY LOCATION

- Wyomissing
- Virtual Pennsylvania (available statewide)



sanaretoday.com

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