



ABOUT SANARE VIRTUAL DE

Sanare Virtual Delaware brings the structure and connection of Core IOP into a setting that can fit more naturally into everyday life. Adults come together in small, consistent groups to work through mental health challenges while building skills they can begin using in the moments and relationships that matter outside of therapy.

Virtual groups remain active and participatory, with space to recognize patterns, practice different responses, and learn alongside others who are doing the work too. Individual Therapy and Personalized Intensives are also available when someone needs dedicated space to focus more closely on a particular concern.

Whether you're seeking support yourself or helping someone find the right next step, Sanare Virtual Delaware makes it possible to engage in meaningful group work from anywhere in the state, with additional options available when more individualized focus is needed.

Available Statewide to
All Delaware Residents

VIRTUAL PROGRAMS OFFERED HERE

Core IOP for Adults

Structured group therapy for adults navigating anxiety, depression, stress, and other mental health challenges. Participants better understand patterns, strengthen coping skills, and develop new ways of responding to challenges as they arise.

MON TUE THU FRI 10:00 am–12:15 pm

Individual Therapy for Adults

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

Call for Availability

Personalized Intensives for Adults

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

Call for Availability



sanaretoday.com

Connect with us: (302) 999-9812
start@sanaretoday.com