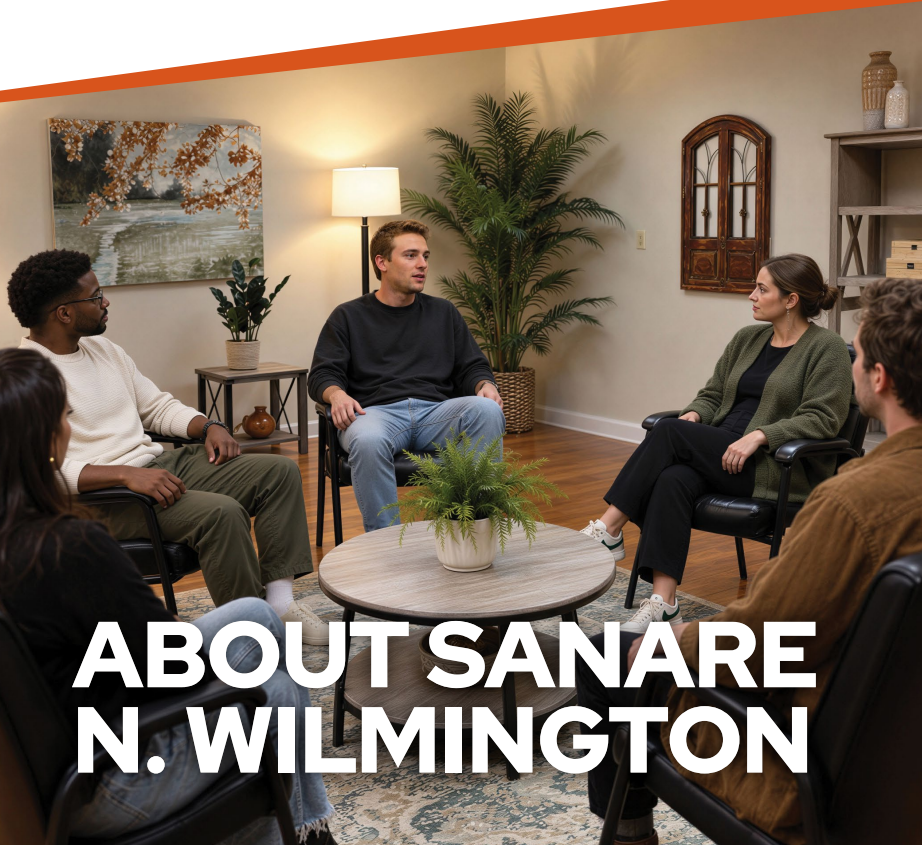




## ABOUT SANARE N. WILMINGTON

Sanare North Wilmington supports adults who need more than weekly therapy to work through mental health challenges, substance use concerns, or both. With two small-group pathways available, participants can find steady support while gaining a clearer understanding of the patterns affecting how they feel and move through everyday life.

The work is practical and meant to be used beyond the therapy room. Participants build skills, explore what may be keeping certain patterns in place, and practice responding differently when challenges arise. When mental health and substance use are connected, both can be addressed together rather than asking someone to separate one from the other.

Whether you're seeking support for yourself or helping someone take the next step, Sanare North Wilmington offers a place to better understand what's happening and begin building a different way forward.

1401 Silverside Rd, Suite 3A  
North Wilmington, Delaware

### 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 WED THU 12:00–2:15 pm

MON TUE WED THU 5:30–7:45 pm

#### Dual IOP for Adults

Small-group therapy for adults navigating both mental health and substance use concerns. Participants explore how mental health and substance use can affect one another while building new skills for responding differently to the challenges that connect them.

MON TUE THU FRI 9:00–11:15 am

### OTHER NEARBY SANARE LOCATIONS

**In-person and virtual programs vary  
by location.**

- Wilmington
- Virtual Delaware (available statewide)



sanaretoday.com

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