



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, Delaware

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 skills, try them in a supportive setting, and build confidence carrying them into everyday life.

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.

Trauma-Focused IOP for Adults

Small-group therapy for adults working through the lasting impact of traumatic experiences. Participants work to understand trauma-related patterns and build new ways of responding that support a fuller life in the present.

Individual Therapy for Adults

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

Personalized Intensives for Adults

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 and virtual programs vary by location.

- North Wilmington
- Virtual Delaware (available statewide)