



ABOUT SANARE VIRTUAL NC

Sanare Virtual North Carolina makes it possible to engage in meaningful therapeutic work without adding the demands of getting to and from a physical location. With group and individual options available, participants can find support for a range of needs, including mental health challenges, difficulty navigating intense emotions, and the lasting effects of trauma.

Sessions are designed for active participation, even through a screen. Participants can recognize patterns, learn practical skills, and practice new responses while staying rooted in the environments where everyday challenges actually happen. Individual options allow the work to become more focused when a particular concern needs greater attention.

Whether you're seeking support yourself or helping someone explore what might fit, Sanare Virtual North Carolina offers several ways to begin, making meaningful support accessible wherever you are in the state.

Available Statewide to
All North Carolina 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 practical coping skills, and develop healthy ways of responding to challenges as they arise.

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.

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 Ages 5+

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: (984) 230-2323
start@sanaretoday.com

**CORE IOP
FOR ADULTS**

MON TUE WED THU
6:00–8:15 pm

**DBT-FOCUSED IOP
FOR ADULTS**

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

**TRAUMA-FOCUSED
FOR ADULTS**

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

**INDIVIDUAL THERAPY
FOR AGES 5+**

Call for Availability

**PERSONALIZED INTENSIVES
FOR ADULTS**

Call for Availability

INSURANCE PLANS ACCEPTED

Accepted for IOP

Aetna, Blue Cross Blue Shield, Carelon, Cigna, GEHA, Optum, Unitedhealthcare, UMR, TRICARE, and VACCN

Accepted for Individual Therapy & Intensives

Aetna, Blue Cross Blue Shield, and TRICARE