



ABOUT SANARE RALEIGH

Sanare Raleigh supports adults who may benefit from more structure, more focused work, or a different way of approaching challenges that have become difficult to navigate alone. With several pathways available, support can meet a range of needs, from everyday mental health concerns to intense emotions and the lasting effects of trauma.

The work is designed to move beyond insight alone. Participants have opportunities to recognize patterns, learn practical skills, and practice responding differently when familiar challenges show up. Individual options provide additional space to explore a specific concern or concentrate the work when that feels most useful.

Whether you're seeking support for yourself or helping someone find a way forward, Sanare Raleigh offers multiple paths, each designed to help turn new understanding and skills into meaningful change beyond the therapy room.

1100 Navaho Drive, Suite 125
Raleigh, North Carolina

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 13+

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 THU FRI
10:00 am-12:15 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 13+**

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