



ABOUT SANARE WILMINGTON

Sanare Wilmington supports adults working through challenges that may call for greater consistency, deeper exploration, or support shaped around their individual needs. With Core and Trauma-Focused IOP alongside individual therapy, there is room to address what is happening now while also exploring patterns and experiences that may be contributing to it.

Participants can build practical skills, experiment with different responses, and strengthen their ability to navigate challenges as they show up in everyday life. When past experiences continue to have an impact, the work can also create space to address those patterns with greater focus.

Whether you're seeking support for yourself or helping someone find the right next step, Sanare Wilmington offers different ways to engage and a place to turn insight into changes that can be felt beyond the therapy room.

5 Silva Terra Dr, Suite 140
Wilmington, 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 coping skills, and develop new ways of responding to challenges as they arise.

MON TUE WED THU 2:00–4:15 pm

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.

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

Individual Therapy for Ages 5+

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

Call for Availability

INSURANCE PLANS ACCEPTED HERE

For IOP

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

For Individual Therapy

Aetna, Blue Cross Blue Shield, and TRICARE



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