



ABOUT SANARE YARDLEY

Sanare Yardley supports adults navigating the ways trauma can continue to shape emotions, relationships, and everyday life. The work takes place in small groups where safety, trust, and human connection create space for meaningful change.

With the support of trauma-trained therapists, participants learn to recognize patterns shaped by past experiences, strengthen skills for staying grounded in the present, and practice new responses in real time.

Whether you're exploring support for yourself or helping someone take the next step, Sanare Yardley is a place to work through the lasting impact of trauma while building greater steadiness, confidence, and connection in the life you're living now.

385 Oxford Valley Rd, Ste 412
Yardley, Pennsylvania

PROGRAMS OFFERED HERE

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 1:00–3:15 pm
Individual work on TUE/THU

OTHER NEARBY SANARE LOCATIONS

In-person and virtual programs vary by location.

- Doylestown
- King of Prussia
- North Wales
- Philadelphia
- Virtual Pennsylvania (available statewide)



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