



ABOUT SANARE NORTH WALES

Sanare North Wales supports adults who need greater structure and consistency as they work through mental health challenges that are getting in the way of everyday life. Core IOP offers a small-group setting where participants can better understand what's happening and have the time to practice doing something different.

The work goes beyond talking about change. Participants build practical skills, recognize patterns that may be keeping them stuck, and learn from others navigating challenges of their own. With repetition and practice, new responses can become easier to access when difficult moments happen outside the therapy room.

Whether you're seeking support for yourself or helping someone find what comes next, Sanare North Wales offers a place to step more fully into the work and begin making changes that can carry into everyday life.

1140 Welsh Rd, Suite 120
North Wales, Pennsylvania

PROGRAMS OFFERED HERE

Core IOP for Adults

Small-group therapy for individuals who need steady, well-rounded support while staying engaged in their daily lives. Group sizes are kept small, keeping the work deeply human, experiential, and grounded in real connection.

MON TUE THU FRI 10:00 am–12:15 pm

OTHER NEARBY SANARE LOCATIONS

In-person and virtual programs vary by location.

- Exton
- King of Prussia
- Philadelphia
- Virtual Pennsylvania (available statewide)



sanaretoday.com

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