



ABOUT SANARE EXTON

835 Springdale Drive, Suite 205, Exton, Pennsylvania

Sanare Exton supports tweens, adolescents, and adults through different stages of life and different levels of need. From IOP to full-day PHP, programs create space for people to step more fully into the work when mental health challenges or the effects of trauma begin asking more of them.

What that support looks like can change with age, circumstance, and what someone is experiencing. Across programs, participants have opportunities to better understand patterns, practice new skills, and build greater stability. Individual Therapy and Personalized Intensives provide additional space for focused one-on-one work when appropriate.

Whether you're seeking support for yourself, your child, or helping someone find the right next step, Sanare Exton offers multiple ways to begin and a continuum that can adapt as needs change.

PROGRAMS OFFERED HERE

Core IOP

Small-group therapy for individuals 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.

Core PHP

Full-day small-group therapy for individuals who need more structure and support to regain their footing. An extended schedule creates more time for therapeutic work and real-time practice, with participants returning home each afternoon.

Trauma-Focused IOP

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.

Trauma-Focused PHP

Full-day small-group therapy for adults building the stability needed for deeper trauma work. The added time and structure help participants recognize trauma responses, practice regulation, and strengthen a sense of safety before returning home each afternoon.

Individual Therapy

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

Personalized Intensives

Extended one-on-one therapy designed for deeper exploration.



sanaretoday.com

Connect with us: (610) 344-9600
start@sanaretoday.com

**CORE IOP
FOR TWEENS**

MON TUE WED THU
3:30–5:45 pm

**CORE IOP
FOR ADOLESCENTS**

MON TUE WED THU
3:30–5:45 pm

**CORE PHP
FOR ADOLESCENTS**

MON TUE WED THU FRI
9:00 am–3:00 pm

**CORE IOP
FOR YOUNG ADULTS**

MON TUE THU FRI
10:00 am–12:15 pm

**CORE IOP
FOR ADULTS**

MON TUE THU FRI
9:00–11:15 am

**CORE PHP
FOR ADULTS**

MON TUE WED THU FRI
9:00 am–3:00 pm

**TRAUMA-FOCUSED IOP
FOR ADULTS**

MON WED FRI, 10:30 am–12:45 pm
Individual work on TUE/THU

**TRAUMA-FOCUSED PHP
FOR ADULTS**

MON TUE WED THU FRI
9:00 am–3:00 pm

**INDIVIDUAL THERAPY
FOR ALL AGES**

Call for Availability

**PERSONALIZED INTENSIVES
FOR ADOLESCENTS & ADULTS**

Call for Availability