



ABOUT SANARE KING OF PRUSSIA

📍 2009 Renaissance Blvd, Ste 300, King of Prussia, PA

Sanare King of Prussia supports adolescents and adults whose needs may look very different, but who can benefit from having more time and structure to work through what's getting in the way. Programs create space to address everyday mental health challenges, strengthen emotional regulation, or focus more directly on the impact of trauma.

Adolescents can build skills while navigating the pressures and changes that come with growing up. Adults may focus more intentionally on managing intense emotions or understanding trauma-related patterns. Individual options provide additional space for focused work when appropriate.

Whether you're seeking support for yourself, your teen, or helping someone find the right next step, Sanare King of Prussia offers different ways to engage and begin building toward meaningful change.

PROGRAMS OFFERED HERE

Core IOP for Adolescents

Small-group therapy for individuals ages 14-18 navigating anxiety, depression, stress, and other mental health challenges. Participants better understand patterns, strengthen coping skills, and develop new ways of responding to challenges.

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 12+

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

Personalized Intensives

Extended one-on-one therapy for adults and adolescents designed for deeper exploration.

Specialty Outpatient Group

A once-weekly small group designed to offer adolescents the same steady connection and shared growth many experience in IOP.



sanaretoday.com

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

CORE IOP
FOR ADOLESCENTS

MON TUE WED THU
3:30–5:45 pm

SPECIALTY OUTPATIENT GROUP
FOR ADOLESCENTS

TUE
6:00–7:30 pm

DBT-FOCUSED IOP
FOR ADULTS

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

TRAUMA-FOCUSED IOP
FOR ADULTS

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

INDIVIDUAL THERAPY
FOR AGES 12+

Call for Availability

PERSONALIZED INTENSIVES
FOR ADOLESCENTS & ADULTS

Call for Availability