

ABOUT SANARE PHILADELPHIA

📍 1500 Walnut St, Suite 1200, Philadelphia, Pennsylvania

Sanare Philadelphia supports adults with different experiences and identities through programs that offer varying levels of structure and focus.

Alongside Sanare's Core, DBT, and Trauma-Focused IOP options, dedicated LGBTQIA+ programming creates space where identity can be part of the conversation without having to be explained or set aside. PHP offers a more immersive daytime experience when additional structure is needed, while Individual Therapy and Personalized Intensives allow for concentrated one-on-one work.

Whether you're seeking support for yourself or helping someone find a place where they can engage more fully, Sanare Philadelphia offers multiple ways to begin, with programs designed to meet people as they are rather than asking them to leave parts of themselves at the door.

PROGRAMS OFFERED HERE

Core IOP

Small-group therapy for those 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.

DBT-Focused IOP

Skills-focused small-group therapy for adults who want to respond differently when emotions run high or familiar patterns always take over.

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.

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.

Relational Trauma Healing Group

Biweekly Wednesday afternoon group for adults stepping down from IOP, focused on deepening self-trust, navigating relationships, and making space for joy and creativity.



sanaretoday.com

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

**CORE IOP
FOR ADULTS**

MON TUE THU FRI
10:00 am–12:15 pm

**CORE PHP
FOR ADULTS**

MON TUE WED THU FRI
9:00 am–3:00 pm

**DBT-FOCUSED IOP
FOR ADULTS**

MON WED FRI 9:00–11:15 am
Individual work on TUE/THU

**TRAUMA-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 THU 5:30–7:45 pm
Individual work on TUE/FRI

**CORE IOP
FOR LGBTQIA+ ADULTS**

MON TUE WED THU
1:00–3:15 pm

**CORE PHP
FOR LGBTQIA+ ADULTS**

MON TUE WED THU FRI
9:00 am–3:00 pm

**TRAUMA-FOCUSED IOP
FOR LGBTQIA+ ADULTS**

MON TUE THU 2:00–4:15 pm
Individual work on WED/FRI

**INDIVIDUAL THERAPY
FOR ALL AGES**

Call for Availability

**PERSONALIZED INTENSIVES
FOR ADOLESCENTS & ADULTS**

Call for Availability