



# ABOUT SANARE VIRTUAL PA

 Available Statewide to All Pennsylvania Residents

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.

## VIRTUAL 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.

### 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.

**Call for Availability**

### Personalized Intensives

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

**Call for Availability**

### Specialty Outpatient Groups

Virtual groups meeting once a week for those stepping down from IOP, with DBT, Trauma, and Trauma Aftercare options.

**Call for Availability**



[sanaretoday.com](https://sanaretoday.com)

**Connect with us: (610) 344-9600**  
[start@sanaretoday.com](mailto:start@sanaretoday.com)

**CORE IOP**  
FOR TWEENS

MON TUE WED THU  
4:00–6:15 pm

**CORE IOP**  
FOR ADOLESCENTS

MON TUE WED THU  
6:15–8:30 pm

**CORE IOP**  
FOR ADULTS

MON TUE THU FRI  
10:00 am–12:15 pm

**CORE IOP**  
FOR ADULTS

MON TUE WED THU  
6:00–8:15 pm

**DBT-FOCUSED IOP**  
FOR ADULTS

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

**DBT-FOCUSED IOP**  
FOR ADULTS

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

**DBT-FOCUSED IOP**  
FOR ADULTS

MON WED THU 5:30–7:45 pm  
Individual work on TUE/FRI

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

**TRAUMA-INFORMED IOP**  
FOR WOMEN-ONLY

MON TUE THU FRI  
10:30 am–12:45 pm

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

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