

ABOUT SANARE LANCASTER

180 W Airport Road, Suite C, Lititz, PA

Sanare Lancaster supports the mental health of individuals navigating anxiety, depression, difficult life experiences, and patterns that can make everyday life harder to manage.

Our **intensive outpatient programs** create more opportunities to recognize what's happening, practice different responses, and work through the moments that tend to pull people back into familiar patterns.

The work is designed to move beyond insight alone. Sanare therapists bring honesty, creativity, and their own humanity into the room, helping group participants explore ideas in ways that can be felt, practiced, and used outside of group. The small group setting adds something different too: the experience of hearing another person say something that sounds like your own story and realizing you are not alone in what you are working through.

Whether you are seeking support for yourself or someone else, Sanare Lancaster is ready to help turn your search into a next step.

PROGRAMS OFFERED HERE

ADULT CORE IOP

Small group therapy for people navigating anxiety, depression, life changes, relationships, and other mental health challenges affecting daily life.

> MON TUE THU FRI 8:00–10:15 am

ADULT TRAUMA-FOCUSED IOP

Small group therapy for adults working through how trauma and difficult past experiences continue to shape emotions, relationships, and everyday reactions.

> MON WED FRI 9:00–11:15 am

> Individual work on TUE/THU

INDIVIDUAL THERAPY (AGES 14+)

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

> Call for Availability

OTHER NEARBY LOCATIONS

In-person and virtual programs vary by location.

Sanare Exton
Sanare Wyomissing
Sanare Virtual Pennsylvania



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