

ABOUT SANARE NORTH WALES

 1140 Welsh Rd, Suite 120, North Wales, PA

Sanare North Wales supports adults who may understand what is happening but still find it difficult to respond differently when stress, anxiety, depression, or familiar patterns take over.

Our intensive outpatient program creates opportunities to move beyond understanding a problem and work on what to do differently when it shows up again.

That repetition matters. Participants have space to try new responses, notice what gets in the way, and keep building on what they are learning.

Sanare therapists bring authenticity and creativity into the process, encouraging new ways of thinking, responding, and engaging. The group adds another layer, giving participants the chance to learn alongside others who may recognize something familiar in their experience.

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

PROGRAMS OFFERED HERE

ADULT CORE IOP

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

> MON TUE THU FRI 10:00 am–12:15 pm

OTHER NEARBY LOCATIONS

In-person and virtual programs vary by location.

Sanare Exton
Sanare King of Prussia
Sanare Philadelphia
Sanare Virtual Pennsylvania



sanaretoday.com

Connect with us: (610) 344-9600
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