

ABOUT SANARE WYOMISSING

 14C Commerce Drive, Wyomissing, PA

Sanare Wyomissing supports the mental health of adults who may feel pulled off course when emotions become too intense to manage.

Our **intensive outpatient program** creates more opportunities to slow those moments down, practice new skills, and build responses that are easier to use when they are needed most.

Participants work on managing emotions, communicating more intentionally, and responding differently to themselves and others. Sanare therapists bring creativity and humanity into that process, helping participants experience skills in ways that make them easier to remember outside the room.

The group adds another kind of learning too. Hearing others describe struggles that feels familiar can make it easier to feel understood and less alone in your own experience.

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

PROGRAMS OFFERED HERE

ADULT DBT IOP

Small group therapy focused on building skills to better manage intense emotions and respond differently in difficult moments.

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

OTHER NEARBY LOCATIONS

In-person and virtual programs vary by location.

Sanare Exton
Sanare King of Prussia
Sanare Lancaster
Sanare Virtual Pennsylvania

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



sanaretoday.com