

ABOUT SANARE YARDLEY

385 Oxford Valley Rd, Suite 412, Yardley, PA

Sanare Yardley supports adults who may need more time each week to work through mental health challenges or the ways past experiences continue to affect everyday life.

Our **intensive outpatient programs** create opportunities to recognize familiar patterns, practice new responses, and work through what happens when change is difficult to maintain.

Understanding why a pattern exists can be important, but it is only part of the work. Sanare therapists bring authenticity and creativity into the room so participants can explore change through experience as well as conversation.

The group adds something different too. Hearing another participant say something that feels familiar can make it easier to speak honestly, and feel understood in the work.

Whether you are seeking support for yourself or someone else, Sanare Yardley 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

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 1:00–3:15 pm

> Individual work on TUE/THU

OTHER NEARBY LOCATIONS

In-person and virtual programs vary by location.

Sanare Downingtown
Sanare King of Prussia
Sanare North Wales
Sanare Philadelphia
Sanare Virtual Pennsylvania

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