

ABOUT SANARE DREXEL HILL

5039 Township Line Rd, Drexel Hill, PA

Sanare Drexel Hill supports adults who know something needs to change but may need more time and support to make that change easier to carry into everyday life.

Our **intensive outpatient program** creates opportunities to recognize patterns, practice different responses, and talk honestly about what happens when old habits are hard to interrupt.

Therapy here feels human, not scripted. Sanare therapists bring their personalities, creativity, and lived experience into the room, helping group participants explore what they are going through in ways that extend beyond conversation. Hearing other participants describe things that feel familiar also makes it easier to recognize that you are not alone in what you are experiencing.

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

INDIVIDUAL THERAPY (AGES 18+)

Flexible 1 on 1 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 King of Prussia
Sanare Philadelphia
Sanare Virtual Pennsylvania

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