

ABOUT SANARE PHILADELPHIA

 1500 Walnut St, Suite 1200, Philadelphia, PA

Sanare Philadelphia supports adults whose needs, identities, and experiences may call for different kinds of mental health support.

Our **intensive outpatient programs** create dedicated time during the week to focus the work around what someone is struggling with, while dedicated LGBTQIA+ programming creates space where identity can be part of the conversation without having to be set aside.

For individuals who need a fuller day of therapeutic support, our **partial hospitalization programs** provide additional time for skill building while allowing participants to return each afternoon. That time is purposeful, creating opportunities for honesty, creativity, and practice so different responses can become easier to use when life gets hard.

Whether you are seeking support for yourself or someone else, Sanare Philadelphia 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. A dedicated LGBTQIA+ group is also available.

ADULT CORE PHP

Small group therapy in a daytime program for people who need a higher level of mental health support while continuing to live at home.

ADULT DBT IOP

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

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. A dedicated LGBTQIA+ group is also available.

LGBTQIA+ TRAUMA-INFORMED PHP

Small group therapy in a daytime program focused on building stability and regulation before deeper trauma work begins.

INDIVIDUAL THERAPY (AGES 18+)

Flexible 1 on 1 therapy for those seeking ongoing support and personal growth.

PERSONALIZED INTENSIVES

Extended 1 on 1 therapy designed for deeper exploration.

AFTERCARE GROUP

Biweekly relational trauma healing group therapy that offers ongoing support after IOP.



sanaretoday.com

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

ADULT CORE IOP

MON TUE WED THU
10:00 am–12:15 pm

ADULT CORE PHP

MON TUE WED THU FRI
9:00 am–3:00 pm

ADULT DBT IOP

MON WED FRI 9:00–11:15 am
Individual work on TUE/THU

ADULT TRAUMA-FOCUSED IOP

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

ADULT TRAUMA-FOCUSED IOP

MON WED THU 5:30–7:45 pm
Individual work on TUE/FRI

 LGBTQIA+ CORE IOP

MON TUE WED THU
1:00–3:15 pm

 **LGBTQIA+
TRAUMA-FOCUSED IOP**

MON TUE THU 2:00–4:15 pm
Individual work on WED/FRI

 **LGBTQIA+
TRAUMA-INFORMED PHP**

MON TUE WED THU FRI
9:00 am–3:00 pm

**INDIVIDUAL THERAPY
& PERSONALIZED INTENSIVES**

Call for Availability

**RELATIONAL TRAUMA HEALING
AFTERCARE GROUP**

WED (Biweekly)
2:00–4:30 pm