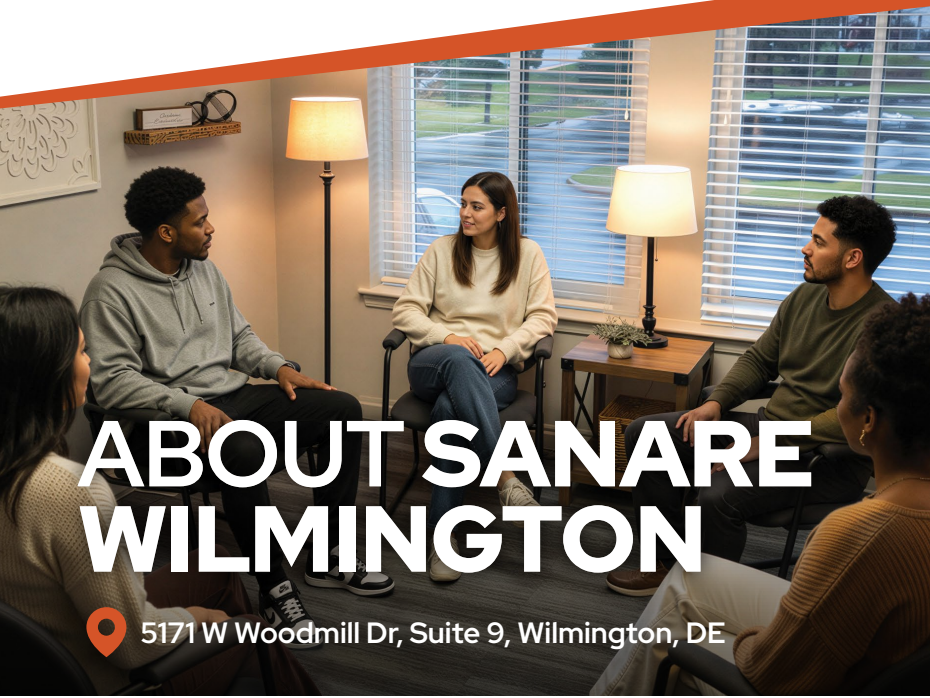




ABOUT SANARE WILMINGTON

📍 5171 W Woodmill Dr, Suite 9, Wilmington, DE

Sanare Wilmington supports adults whose mental health needs may call for something more focused than a one size fits all approach.

Our **intensive outpatient programs** create space to work through intense emotions, trauma, substance use concerns, or patterns that have become difficult to change.

Across all programs, the goal is not simply to understand what should change. Group participants practice different responses, reflect on what happens when familiar patterns return, and keep working until those responses become more available in the moments that matter.

Sanare therapists bring presence, honesty, and creativity into the work so what happens in group can carry into life outside the room.

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

ADULT DUAL DIAGNOSIS IOP

Small group therapy for when mental health and substance use concerns are closely connected to one another.

- > MON TUE WED THU 5:30–7:45 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 10:00 am–12:15 pm
- > Individual work on TUE/THU

INDIVIDUAL THERAPY (AGES 18+)

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

- > Call for Availability

PERSONALIZED INTENSIVES

Extended 1 on 1 therapy designed for deeper exploration.

- > Call for Availability

Connect with us: (302) 999-9812
start@sanaretoday.com



sanaretoday.com