

ABOUT SANARE DOWNTOWN

 178 Park Road, Downingtown, PA

Sanare Downingtown supports the mental health of women who may be navigating the lasting effects of difficult experiences and the ways those experiences continue to shape everyday life.

Our **intensive outpatient program** creates opportunities to recognize patterns, understand what may be driving them, and practice responding differently when they show up again.

Sanare therapists bring authenticity, creativity, and humanity into the process, helping participants explore what they are experiencing through more than conversation alone. The small group setting adds another layer by bringing together women who may recognize something familiar in each other's stories, creating space for more honest conversation and a stronger sense of being understood.

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

PROGRAMS OFFERED HERE

WOMEN'S TRAUMA-FOCUSED IOP

Small group therapy for women working through how trauma and difficult past experiences continue to shape emotions, relationships, and everyday reactions.

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

INDIVIDUAL THERAPY (AGES 14+)

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 Virtual Pennsylvania

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