

Sanare is a place where people build resilience through structure, creativity, and human connection. In Pennsylvania, we provide in person and virtual mental health services for tweens, adolescents, and adults. Programs vary by location. Our specialties include Intensive Outpatient (IOP) and Partial Hospitalization (PHP) in a small group setting that makes it easier to open up and feel understood. Individual Therapy, Personalized Intensives, and Aftercare Groups are also offered as part of a continuum of care. Across every level of support, our goal is to help individuals awaken what's within so they can move through daily life with greater confidence. **Contact us at 610-344-9600 to discuss a case or book a consult at sanaretoday.com.**

	CORE IOP	DBT IOP	TRAUMA FOCUSED IOP	TRAUMA INFORMED IOP	INDIVIDUAL THERAPY	PHP PROGRAMS
Downingtown			✓ WOMEN'S		✓ AGES 14+	
Doylestown			✓ ADULT		✓ AGES 17+	
Drexel Hill	✓ ADULT				✓ AGES 18+	
Exton	✓ TWEEN, ADOLESCENT, YOUNG ADULT, & ADULT		✓ ADULT		✓ AGES 5+	✓ ADOLESCENT CORE, ADULT CORE, & ADULT TRAUMA-FOCUSED
King of Prussia	✓ ADOLESCENT	✓ ADULT	✓ ADULT		✓ AGES 12+	
Lancaster	✓ ADULT		✓ ADULT		✓ AGES 14+	
North Wales	✓ ADULT					
Philadelphia	✓ ADULT & LGBTQIA+	✓ ADULT	✓ ADULT & LGBTQIA+		✓ AGES 18+	✓ ADULT CORE & LGBTQIA+ TRAUMA-INFORMED
Virtual PA	✓ TWEEN, ADOLESCENT, & ADULT	✓ ADULT	✓ ADULT & LGBTQIA+	✓ WOMEN'S	✓ AGES 5+	
Wyomissing		✓ ADULT				
Yardley	✓ ADULT		✓ ADULT			