

# ABOUT SANARE EXTON

 835 Springdale Drive, Suite 205, Exton, PA

Sanare Exton supports tweens, adolescents, young adults, and adults who need more time, more repetition, or a fuller day of support to work through mental health challenges.

Across our **intensive outpatient** and **partial hospitalization** programs, the goal is not simply to add more hours of therapy. It is to create enough space to practice, experiment, and keep working until new responses become easier to use in everyday life.

Sanare therapists bring authenticity and creativity into the room, using approaches that extend beyond conversation alone. Group therapy adds another layer by bringing together people who can recognize something familiar in each other's stories, making it easier to open up and feel less alone in what they are working through.

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

## PROGRAMS OFFERED HERE

### **CORE IOP**

Small group therapy for tweens, adolescents, young adults and adults navigating anxiety, depression, life changes, relationships, and other mental health challenges affecting daily life.

### **CORE PHP**

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

### **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.

### **ADULT TRAUMA-FOCUSED PHP**

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

### **INDIVIDUAL THERAPY (AGES 5+)**

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

### **PERSONALIZED INTENSIVES**

Extended 1 on 1 therapy designed for deeper exploration.



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

**sanaretoday.com**

**TWEEN CORE IOP**  
**AGES 9-13**

MON TUE WED THU  
3:30–5:45 pm

**ADOLESCENT CORE IOP**  
**AGES 14-18**

MON TUE WED THU  
3:30–5:45 pm

**ADOLESCENT CORE PHP**  
**AGES 14-18**

MON TUE WED THU FRI  
9:00 am–3:00 pm

**YOUNG ADULT CORE IOP**  
**AGES 18-26**

MON TUE THU FRI  
10:00 am–12:15 pm

**ADULT CORE IOP**

MON TUE THU FRI  
9:00–11:15 am

**ADULT CORE PHP**

MON TUE WED THU FRI  
9:00 am–3:00 pm

**ADULT TRAUMA-FOCUSED IOP**

MON WED FRI 10:30 am–12:45 pm  
Individual work on TUE/THU

**ADULT TRAUMA-FOCUSED PHP**

MON TUE WED THU FRI  
9:00 am–3:00 pm

**INDIVIDUAL THERAPY**  
**AGES 5+**

Call for Availability

**PERSONALIZED INTENSIVES**

Call for Availability