



ABOUT SANARE VIRTUAL PA

 Available statewide to Pennsylvania residents

Sanare Virtual Pennsylvania supports tweens, adolescents, and adults across the state who need mental health support without required travel.

Our online **intensive care programs** use small group therapy to help participants work through mental health challenges while staying connected to daily routines and responsibilities.

Virtual groups are designed for active participation rather than simply listening from a screen. Sanare therapists bring authenticity and creativity into the work, helping participants learn through experience as well as conversation.

Connection remains a key part of the experience too. Hearing another participant put words to something familiar can make it easier to speak freely, feel understood, and stay engaged in the work.

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

PROGRAMS OFFERED HERE

CORE IOP

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

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.

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.

AFTERCARE GROUPS

Weekly group therapy that offers ongoing support after IOP. DBT informed skills and trauma groups available.

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



sanaretoday.com

TWEEN CORE IOP

MON TUE WED THU
4:00–6:15 pm

ADOLESCENT CORE IOP

MON TUE WED THU
6:15–8:30 pm

ADULT CORE IOP

MON TUE THU FRI
10:00 am–12:15 pm

ADULT CORE IOP

MON TUE WED THU
6:00–8:15 pm

ADULT DBT IOP

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

ADULT DBT IOP

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

ADULT TRAUMA-FOCUSED IOP

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

ADULT TRAUMA-FOCUSED IOP

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

 **LGBTQIA+
TRAUMA-FOCUSED IOP**

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

**WOMEN'S
TRAUMA-INFORMED IOP**

MON TUE THU FRI
10:30 am–12:45 pm