SANARE
AWAKEN WHAT'S WITHIN



ABOUT SANARE N. WILMINGTON

1401 Silverside Rd, Suite 3A, Wilmington, DE

Sanare North Wilmington supports the mental health of adults who need more time to create meaningful change. Our intensive outpatient programs create space to work through anxiety, depression, emotional challenges, and recurring patterns that can become difficult to change alone.

For women, those challenges can also be shaped by caring for others, personal relationships, family responsibilities, and the pressure to be everything for everyone. Our women only group creates space for conversations that can feel harder to have in a mixed group.

That openness is supported by therapists who bring their own personal creativity and humanity into the room. Their authenticity makes it easier for others to show up honestly and speak more openly about their own experience.

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

PROGRAMS OFFERED HERE

ADULT CORE IOP

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

› MON TUE WED THU 12:00–2:15 pm
or 5:30–7:45 pm

WOMEN'S CORE IOP

Small group therapy for women working through relationships, family pressures, body image, motherhood, career stress, and major life changes.

› MON TUE THU FRI 9:00–11:15 am

INDIVIDUAL THERAPY (AGES 18+)

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 Wilmington
Sanare Virtual Delaware

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

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