SANARE
AWAKEN WHAT'S WITHIN



ABOUT SANARE VIRTUAL DE

Available statewide to Delaware residents

Sanare Virtual Delaware gives adults access to more mental health support without making travel an obstacle. Our online intensive outpatient programs use small group therapy to help participants work through mental health challenges, recognize patterns, and practice new responses in the same environment where everyday life is happening.

Virtual does not mean passive. Sanare therapists bring their personality, creativity, and humanity into the room, and participants are expected to do more than listen and watch from a screen. The work includes practicing, responding, reflecting honestly, and trying again.

Human connection matters online too. Hearing someone else describe something that feels familiar can make the distance feel smaller and make participants feel less alone in what they are experiencing.

Whether you are seeking support for yourself or someone else, Sanare Virtual DE 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 THU FRI 10:00 am–12:15 pm

ADULT DBT IOP

Small group therapy focused on building skills to better manage intense emotions and respond differently in difficult moments.

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

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.

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

INDIVIDUAL THERAPY (AGES 18+)

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

> Call for Availability

PERSONALIZED INTENSIVES

Extended 1 on 1 therapy designed for deeper exploration.

> Call for Availability

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

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