SANARE
AWAKEN WHAT'S WITHIN



ABOUT SANARE KING OF PRUSSIA

2009 Renaissance Blvd, Suite 300, King of Prussia, PA

Sanare King of Prussia supports the mental health of adults and adolescents who may need more time, practice, or focus to address what is getting in the way.

Our intensive outpatient programs create space for adults to focus on the ways trauma continues to shape their reactions, while adolescents have space to navigate the pressures and changes that come with growing up.

Sanare therapists bring humanity and creativity into the process, using different ways of exploring, experiencing, and understanding what participants are facing. Group therapy adds another layer by helping people recognize parts of their own experience in others and feel less alone in what they are navigating.

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

PROGRAMS OFFERED HERE

ADOLESCENT CORE IOP

Small group therapy for individuals (ages 14-18) navigating anxiety, depression, life changes, relationships, and other mental health challenges affecting daily life.

- MON TUE WED THU 3:30–5:45 pm

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 12+)

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

- Call for Availability

ADOLESCENT OUTPATIENT GROUP

Weekly group therapy that offers ongoing support after IOP.

- TUE 6:00–7:30 pm

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

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