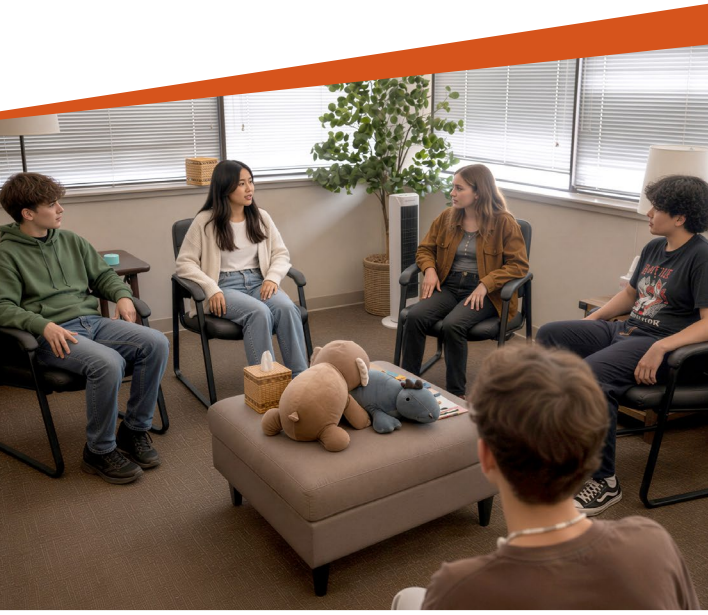
SANARE
AWAKEN WHAT'S WITHIN



A STEADIER WAY FORWARD

For Youth and Families

Tween Core IOP
Adolescent Core IOP

sanaretoday.com

Navigating Uncertainty

Many tweens and adolescents find themselves navigating social, emotional, and academic pressure while also trying to figure out who they are and how to respond when things get overwhelming.

Even when guidance has been given, it can be difficult to access it in the moments that matter.

Parents and professionals see it often. Support exists and care is present, but without regular opportunities to practice, youth fall back on familiar stress responses. As a result, progress feels uncertain, leaving families looking for a steadier way forward.

A Different Way to Grow

At Sanare, growth is built through experience, instead of conversation alone.

When youth have regular opportunities within therapy to practice new responses and reflect on what works, insight becomes easier to access when real-life moments show up.

Through small-group therapy done the Sanare way, inner strength has space to rise, take shape, and grow into resilience.

Our way is grounded in **authenticity, creativity, and connection**. Therapists bring their full selves to the work, clients practice new skills in creative ways, and relationships become the foundation for meaningful change.





IOPs for Tweens & Adolescents

Sanare's Tween and Adolescent Core IOPs offer structured, small-group environments for youth ages 9–13 and 14–18 who need more support than once-weekly therapy can provide. Designed to fit alongside school and daily life, these programs meet four days per week, providing the consistency needed for new skills to develop.

Growth is built through repetition, refined each week until it holds under pressure, both inside and outside the room. While the structure stays consistent, the experience adapts to what youth in the group are navigating. **During the summer months**, the flexibility that comes with being out of school can create more space for movement, creativity, experiential work, outdoor experiences, and preparing for challenges that often return when school begins again.

Many youth enter a Core IOP navigating anxiety, depression, relationship tension, low motivation, or loss of confidence. What they find is:

- A space that feels more human, shaped by the authenticity our therapists bring into the room
- Small groups where no one has to compete to be seen or heard
- Support focused on building confidence, not correcting behavior

Q&A

When is Sanare's Core IOP a good fit?

Core IOP can be helpful for youth who feel overwhelmed by daily demands, need more support than once-weekly therapy provides, or are stepping down from PHP or a higher level of care.

How are skills actually learned here?

Learning goes beyond conversation. Sessions often include experiential approaches such as movement, expressive arts, mindfulness, and real-time group interaction. Youth try new responses, notice what works, and return to practice with guidance and support.

How are families involved?

With tween participants, family involvement is built into care. With older teens, involvement is guided thoughtfully to support progress while respecting autonomy. In every case, families are aligned to reinforce skills at home.

What happens as needs change?

Sanare offers a continuum of care, allowing support to adjust as needed. Care can step up when more structure is needed and step down as stability is reached, without losing momentum or relationships.

Is Core IOP covered by insurance?

Sanare works with most major insurance companies, and our team collaborates with families to review benefits and next steps.

Is Sanare a trusted provider?

Sanare has supported 7,500+ individuals and families across a growing network of locations and programs. Our teams work collaboratively with families and referring professionals to ensure care remains consistent, coordinated, and responsive over time.

TWEEN IOP GROUPS FOR AGES 9–13

SANARE EXTON
835 Springdale Drive, Suite 205
Exton, PA

SANARE VIRTUAL PA
Available Statewide to
Pennsylvania Residents

ADOLESCENT IOP GROUPS FOR AGES 14–18

SANARE KING OF PRUSSIA
2009 Renaissance Blvd, Suite 300
King of Prussia, PA

SANARE VIRTUAL PA
Available Statewide to
Pennsylvania Residents

Contact our admissions team to schedule a consultation.

Call: (610) 344-9600

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