

At the Princeton Center for Eating Disorders, located at Penn Medicine Princeton Medical Center, we understand how difficult it is for families when a child or teen has an eating disorder. That's why we have distinct programming for youth ages 8-17, including separate, secure housing on our inpatient unit.



The Princeton Center for Eating Disorders provides effective, compassionate treatment for children ages 8 and older of all genders who are suffering from anorexia, bulimia, and other eating disorders. We offer a warm, welcoming environment in an award-winning medical center. Our patients not only benefit from treatment for the physical, psychosocial, and nutritional aspects of their eating disorder, but they also have immediate access to full-service care for any other medical needs.

To learn more

or to schedule an appointment, please call our admissions team at **609.853.7575** or toll-free at **877.932.8935**. We welcome self-referrals or referrals from treatment providers, and all inquiries are confidential. We are approved by most insurance plans.

My daughter has

regained her weight, re-established her health and, most importantly, found her voice. She is starting to love life again and it shows in her eyes, her voice, her words. We are so grateful.”
– Parent

Princeton Center for Eating Disorders
Penn Medicine Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ 08536
609.853.6780
princetonhcs.org/eatingdisorders



EQUITABLE CARE FOR ALL

At Penn Medicine Princeton Health all patients, without exception, have the right to high-quality, unbiased, patient-centered health care, regardless of sexual orientation or gender identity or expression.

Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。



Princeton Center for Eating Disorders



Stepping back into Life

*Services for
Children and
Adolescents*



Toward Lasting Change

By tailoring treatment plans to the distinct needs of individual patients, our intensive program is designed to foster meaningful and lasting change. We provide the foundation for a full recovery by combining psychosocial treatment, nutritional support, and the latest advances in medical care – together with an atmosphere of understanding, safety, respect, and support throughout the recovery process.

Comprehensive Care

Because each patient is unique, care begins with the development of an individualized treatment plan. From there, a well-structured, inpatient program reinforces treatment goals while taking into account each patient’s age and developmental level.

Our approach includes:

- Medical management
- Individual psychotherapy
- Group psychotherapy
- Family therapy
- Nutrition counseling
- Individual tutoring
- Mindfulness and relaxation training
- Art and other expressive therapies
- Skills-based groups, such as mindfulness and emotion regulation

In addition, from the time our patients are admitted, we focus on preparing them for a smooth transition home following discharge.

Education Continues

Princeton Center for Eating Disorders includes teachers who specialize in the grade and subject of your child, and who follow your home school’s curriculum. Students keep up with their classwork, making return to home and school that much smoother.



Working as a Team

Each member of our skilled treatment team plays an important role in the recovery process.

Our team includes:

- Board certified psychiatrists
- Registered nurses, nursing assistants, and mental health associates
- Licensed psychotherapists, including psychologists, social workers, and professional counselors
- Registered dietitians and nutrition associates
- Consulting physicians who are board certified in their specialty areas
- Chaplains who provide non-denominational spiritual support
- Admissions and utilization review professionals

Family Role

Each patient’s family is another integral part of the team, and we actively help them support their loved one’s recovery with family and parents’ groups and family meals on the unit. We also consider our referral sources as partners in patient care. Continuity of treatment is essential to the recovery process, and coordinating with our referral sources is a valued part of the treatment plan for each patient in our program.



A Warm, Welcoming Place

Founded in 1996, the Center is located in a secure, private unit on the fifth floor of Princeton Medical Center, just minutes from historic Princeton. It offers a contemplative, scenic setting where patients can feel safe and comfortable as they recover. Most of our bright and spacious patient rooms are private, with some semi-private options available.



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Princeton Medical Center

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