

# lift shame

## Web-Based Support Group for Pregnant Women and Moms Struggling with Eating Disorders

“Lift the Shame” is the first web-based support group of its kind specifically targeted to offer support and resources to pregnant women and moms with eating disorders. This support group is a free, confidential online group hosted by Jena Morrow, author, speaker and activist for eating disorders awareness, and Timberline Knolls Alumnae Coordinator.

“Lift the Shame” is held the third Sunday of each month:  
**4-5 p.m. Pacific | 6-7 p.m. Central | 7-8 p.m. Eastern**



The support group is affiliated with the National Association of Anorexia Nervosa and Associated Disorders (ANAD). ANAD coordinates a national network of free in-person support groups facilitated by approved leaders or professionals, in order to assist individuals and families in a greater understanding of the complexity of eating disorders and maintaining lifelong recovery.

### REGISTER

[www.timberlineknolls.com/information/support-groups](http://www.timberlineknolls.com/information/support-groups)

### QUESTIONS

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*“My passion for the work I do at TK is two-fold: first, it is born out of my own experience as a woman in recovery from an eating disorder. As one who has been ‘in the trenches,’ I bring a certain compassion and understanding to my role. Secondly, I have a deep desire to bring a living hope to those who struggle with the issues we treat. I firmly and passionately believe that, through a strong support system, skilled therapeutic intervention, and an ultimate surrender to a power far greater than herself, every woman has the potential not only to learn to cope with her disease, but to truly live life as an overcomer.”*

—Jena Morrow, author of *Hollow: an Unpolished Tale* and *Hope for the Hollow*, and Alumnae Coordinator at Timberline Knolls

### Timberline Knolls Residential Treatment Center

40 Timberline Drive | Lemont, Illinois 60439 | 1.877.257.9611 | [www.timberlineknolls.com](http://www.timberlineknolls.com)



Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery.