

TIMBERLINE KNOLLS PRESENTS

# LIFT THE SHAME



## **A FREE TELEPHONIC SUPPORT GROUP FOR PREGNANT WOMEN AND MOMS STRUGGLING WITH EATING DISORDERS**

*facilitated by*

Jena Morrow Margis, CADC  
Alumnae Coordinator, Timberline Knolls

FRIDAY, DECEMBER 21, 2018

THEREAFTER, EVERY THIRD FRIDAY OF THE MONTH

2-3 P.M. CENTRAL

3-4 P.M. EASTERN

NOON-1 P.M. PACIFIC

JOIN VIA A PRIVATE TOLL FREE NUMBER

During this monthly call, participants have the opportunity to express their feelings and share concerns about body image and eating behaviors. Women are invited to share personal successes and challenges, beliefs, fears, and anxious feelings about pregnancy or being a mom when they might be struggling with an eating disorder, disordered eating, or unhealthy thoughts and emotions. All are welcomed to join; participation is not required. Simply listening to and learning from others often helps alleviate guilt and shame, reduces stigma, and eradicates the feeling of being alone.

### **TO PARTICIPATE, PLEASE CONTACT:**

Jena Morrow Margis  
618.518.7726 | [jena.morrow@timberlineknolls.com](mailto:jena.morrow@timberlineknolls.com)



As the Alumnae Coordinator at Timberline Knolls, Jena develops and maintains relationships with former TK residents after they

return home. She is constantly striving to grow and evolve the alumnae program, which she helped create, and manages an active Alumnae Board and network across the country and world.

In 2010, Jena authored *Hollow: An Unpolished Tale* (Moody), which chronicles her battle with an eating disorder since her teenage years. In her second book, *Hope for the Hollow* (Lighthouse Publishing), she offers a practical and relevant devotional guide to gently encourage and inspire women who struggle with themselves and their bodies.

As a national eating disorders awareness advocate and speaker, Jena has traveled throughout the country sharing her recovery story and delivering a message of hope and freedom from disordered eating and distorted self-image.

Jena lives with her teenage son Jaden and husband Tim in suburban Chicago. She and Tim are expecting their first child together, due in February 2019.

TIMBERLINE  KNOLLS

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. An adult partial hospitalization program is available for step down and for women to direct admit.. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery.

