



VIRTUAL SUPPORT GROUP FOR PREGNANT WOMEN & MOTHERS

LIFT THE SHAME PROGRAM

Timberline Knolls is proud to offer a free, anonymous support group in partnership with Crystal Claytonia Karges, M.S., RDN, IBCLC. We invite all pregnant women and mothers who are struggling with eating disorders to join our web-based program.

Meetings occur monthly, and they are designed to offer support, resources, and information for participants in a confidential and nonjudgmental forum.

ABOUT CRYSTAL KARGES

Crystal is a nutrition therapist who specializes in helping mothers and families learn to eat intuitively. She is passionate about teaching mothers how to nourish themselves so that they can confidently feed their families, establish joyful kitchen practices, and raise their children to have positive relationships with food.

Through her blog and virtual coaching practice, Crystal provides holistic, compassionate, and evidence-based nutrition care for mothers and families worldwide.



(877) 257-9611 | www.timberlineknolls.com





PROGRAM FAQs

When do we meet?

Sessions occur on the last Sunday of each month, and they begin at 6:00PM CT. We would love for you to join us!

How do I participate?

We meet virtually through Zoom. You may join the call by video or audio, and we encourage you to choose the option you are most comfortable with. To reserve a spot in the group, please reach out to Crystal directly at Crystal@crystalkarges.com. Participants receive log-in information for each group session once registration is complete.

What will we discuss during meetings?

As a group, we will explore topics like maternal mental health, body image, intuitive eating, and feeding children.

How can Lift the Shame help me?

Research has shown that support groups can be one of the most valuable resources during recovery. Establishing connections with other mothers who understand what you're going through may help you feel more encouraged, comforted, and less alone.

Is Lift the Shame right for me?

If you are a mother or mother-to-be who is in eating disorder recovery, Lift the Shame can help you. Our hope is to be a source of support for women who are healing their relationships with food and their bodies while navigating motherhood.



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