



PARENTS *EMPOWERING* PARENTS



A Parent's Message

When "Helping" Isn't Helping...

In PEP Meetings we often find ourselves discussing the concept of "kicking out." It is fairly safe to say that most parents have children with the intent to raise them in a safe, supportive, and nurturing household. But what do you do as a parent when a child does not wish to follow the rules of the house? What can a parent do when a child becomes destructive to themselves and to the entire family?

Of course age plays a significant role in the way to proceed. A youth may need to be dealt with differently than an adult child. However, in both cases there comes a time when "helping" just isn't helping anymore. Consider these scenarios: **1.** A parent providing their child money while the child refuses to attend school or work. **2.** A parent supplying their child with a car while the child refuses to respect their curfew **3.** A parent permitting their child to live in their home while the child engages in a high risk lifestyle. In these cases the parent is not protecting their child, they are in fact enabling them by shielding them from the natural consequences of their behavior.

Sometimes we as parents think we are protecting our kids when we allow them to live at home, rent free, with no responsibilities while engaging in a high risk lifestyle, yet all we are protecting them from are the learning opportunities required to bring about change and motivate them to turn their life around. Every time we shield our children from the pain of a natural consequence arising from their substance abuse we are helping prolong their addictive lifestyle. We need to always ask ourselves "am I helping or am I enabling?" If we find ourselves trying to resolve our child's immediate problems, chances are we are perpetuating their addictive tendencies.

Shannon Frederick
PEP Parent & Parent Mentor

Want to learn more about Support vs. Enabling?
Attend a PEP Meeting or call the Parent Support Line 780.293.0737. www.pepsociety.ca



PEP Programs

Meetings Held Every
Tuesday in Alternating
Locations
from 7:00 - 9:00 pm

Sherwood Park
Strathcona County
Hall
2001 Sherwood Drive

August 5
August 19
September 2
September 30
October 14
October 21
November 11 - Cancelled
November 25 - AGM @ 6pm
December 9- Potluck @ 6pm
December 23

Millwoods
Sunrise Community
Church
3303 - 37 Street NW
Edmonton

August 12
August 26
September 9
September 23
October 7
October 21
November 4
November 18
December 2
December 16
December 30

Parent Support Meetings

PEP convenes weekly to provide support, education, strength, and hope to parents and families of youth, young adults, and/or adult children. Professionally facilitated discussion provides insight and direction for parents and families dealing with their child's substance abuse issues. No registration is required to attend these drop in meetings, which are held:

Weekly on Tuesdays from 7pm to 9pm alternating locations each week between:
Sherwood Park

(Strathcona County Community Centre, 2001 Sherwood Drive, Sherwood Park)

&

Millwoods (Sunrise Church, 3303-37 Street, Edmonton)

For the schedule of dates for each location please visit our website at www.pepsociety.ca

Parent Mentorship Program

This program connects parents with parents. Mentors selected to listen, relate, share hope, share ideas, and provide additional support to parents new to PEP. Request for this service can be made with the meeting facilitator.

U-Turn for youth

U-Turn supports youth & young adults involved in substance use to explore their situations through casual discussion and education in a no-pressure environment. Runs concurrently to the Sherwood Park PEP meetings. See website for schedule. Drop in Meeting. No Registration Required.

MEDD-X

The Motivational Education for Ex-Drug Dealers (MEDD-X) is a recognized program that provides convicted drug dealers an opportunity to gain an understanding of their impact on individuals, families, and the community, while supporting parents/families with insight into the drug/street world. Participants for this program must be referred and approved by staff via phone 780.410.8516 or email pep@strathcona.ca.

Love You Forever

PEP Society is hosting it's Third Annual Love You Forever Event on Friday, September 26, 2014 from 7pm to 9pm at Festival Place, Sherwood Park. This is a Gathering of Hope & Healing.

PEP Society believes grief needs to be acknowledged and experienced for healing to begin. Please join us for a gathering of friends and families who have been impacted by the loss of a loved one in addiction.

This event is at no cost to guests, however donations to PEP Society are welcomed. We will also be launching the sale of our Love You Forever lapel pins!

Love You Forever
A Gathering of Hope & Healing

PEP Society believes grief needs to be acknowledged and experienced for healing to begin. Please join us for a gathering of friends and families who have been impacted by the loss of a loved one in addiction.

September 26, 2014
7pm to 9pm
Festival Place
Sherwood Park

PARENTS EMPOWERING PARENTS

For More Information:
www.pepsociety.ca
Office: 780.410.8516
Parent Support Line: 780.293.0737

PEP Society FUNDRAISER

On Friday, November 7, 2014 at 7pm Parents Empowering Parents (PEP) Society will be having a fundraiser at On The Rocks (11740 Jasper Avenue, Edmonton) with Silent Auction & 50/50 Raffle. Tickets are \$10.00 which includes cover, no line, and one beverage before 10pm.

For DONATIONS to our Silent Auction contact Corine at 780.668.5679.
TICKETS available: at our weekly PEP Meetings, OR contact Shannon (Sherwood Park area) at 780.424.2500, ext 4 OR contact Bonnie (West & North Edmonton area) at 780.803.3225.



Recovery Day Edmonton



Recovery Day Edmonton 2014 will be Sunday, September 14th from Noon to 3pm at Beaver Hills House Park (Jasper Ave & 105 Street, Edmonton). This is a national event Edmonton will be participating in for the second year as a result of the collaboration of local organizations and generous sponsors. "On Recovery Day... Canadians in recovery from addiction will join with friends and family to build awareness, challenge societal stigma, and celebrate the role that recovery plays in improving the lives of individuals, families, and communities. We believe that recovery saves lives. We envision a world in which recovery from addiction is a common, celebrated reality - a world where individuals will not experience shame when seeking help. We are passionate about sharing our stories of recovery in the hope of inspiring others to join us on the rewarding yet diverse path to wholeness. Together we will demonstrate the power and proof of recovery from addiction."

For more information see www.recoveryday.ca
or
join us on
Facebook <https://www.facebook.com/RecoverydayEdmonton>.

Upcoming Events

Recovery Day Edmonton

September 14, 2014, 12 pm to 3 pm, Beaver Hills House Park, Jasper & 105 Street, Edmonton

Love You Forever

September 26, 2014, 7pm to 9pm, Festival Place, Sherwood Park

Annual General Meeting

November 25, 2014, 6pm, Membership Renewal & Board Election, Sherwood Park. PEP Meeting to follow.

Annual Christmas Pot Luck Celebration

December 9, 6:00 pm, basement of Strathcona County Hall, Sherwood Park. PEP Meeting to follow.

Parent Support Line

780-293-0737

The Parent Support Line is available days, evenings, & weekends. For questions, concerns, support, and direction between meetings, please do not hesitate to call.



Support



Edmonton
Community
Foundation

Parents Empowering Parents wishes to thank the Edmonton Community Foundation for their generous grant of \$19, 170 .00 for our PEP Meetings and Parent Support Line.

We would also like to thank Community Adult Learning & Literacy Society for an additional grant toward the MEDD-X program .



Community Adult
Learning & Literacy Society
Fort Saskatchewan & Strathcona County



STRATHCONA
COUNTY

In addition, PEP Society is grateful for the ongoing support of Strathcona County Family & Community Services.

Fundraising

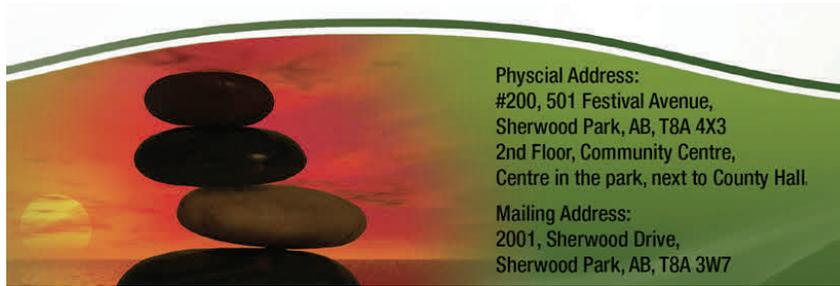
PEP Society is a registered charity (No. 843200270RR0001)

PEP Society, relies on generous donations and grants in order to support families dealing with the effects of substance abuse through professionally facilitated meetings.

If you, or your organization, would like to support our programs, donations may be made in the following ways:

- Direct donations to Parents Empowering Parents Society
- Directed to PEP Society via the United Way (Alberta Capital Region)
- Online at www.CanadaHelps.Org.

Corporate Sponsor packages are also available to organizations that may be interested in supporting PEP programs. To receive corporate sponsor package details, or to find out more about how your organization can help, please contact PEP at pep@strathcona.ca



Physical Address:
#200, 501 Festival Avenue,
Sherwood Park, AB, T8A 4X3
2nd Floor, Community Centre,
Centre in the park, next to County Hall.

Mailing Address:
2001, Sherwood Drive,
Sherwood Park, AB, T8A 3W7

Contact the PEP Society



Parents Empowering Parents Society

Phone: 780-410-8516

Fax: 780-449-1220

E-mail: pep@strathcona.ca

Website at www.pepsociety.ca