



PARENTS **EMPOWERING** PARENTS

PeP talk

Spring 2013

Executive Director's Message

PEP Society was formed to help parents and families who have a loved one with an addiction, or who are concerned with their substance use. Living with a loved one who has an addiction can define who we are. It tears families apart as the focus becomes the loved one, their behaviours, and how we deal with them. But, consider putting the focus on the family as a unit to build the solidarity needed to stand together when faced with the stressors and challenges of living with an addict.

If you are the parent of a youth or adult child with an addiction, not knowing where to turn for help or support for you and your partner can be stressful and heartbreaking. At times, some parents feel defeated and helpless. It is no surprise that many marriages in this situation end in separation and divorce. In fact, it is common for addicts to divide & conquer a team or family unit in order to get their needs met.

At PEP we encourage parents and families to form a united front and avoid falling victim to the splitting of the team. We explore ways to cope with an addict in the family and how to manage the manipulative behaviors that accompany the disease. We empower families to stand together when the going gets tough. We also support single parents and encourage them to build their team with external supports, such as teachers, probation officers, family support workers, etc.

Facilitators and the other parents share hope and support newcomer parents re-charge their energy reserves, gain insight into their personal situations, learn strategies on how to overcome challenges, and provide tips on how to navigate the system to get the additional support they need.

Read the attached story of one mother who sought support through the PEP society to help her in her journey. Also see the list of Support Services PEP provides.

Maralyn Benay,
Executive Director



Upcoming Events

Love You Forever

PEP society will host it's 2nd annual Love You Forever event on Friday, October 4, 2013. This event is to create awareness, acknowledge grief, and promote healing for parents and others who have lost a loved one to addiction or to grieve for a loved one who is lost in their addiction.

In the meantime there are some additional fundraising initiatives in the works. More information to come in the coming months.



Upcoming Meetings

Tuesdays
7:00 - 9:00 p.m.

Millwoods
Sunrise
Community Church
3303 - 37 Street NW
Edmonton

February 26

March 12
March 26

April 9
April 23

May 7
May 21

Sherwood Park
Strathcona
County Hall
2001 Sherwood Drive

March 5
March 19

April 2
April 16
April 30

May 14
May 28

Parent Support

Parent support meetings are a key component of the services provided by the PEP Society. Meetings are held weekly for families that need help coping with the pressure and stress of a child involved in drugs. Support ranges from how to deal with the child and the chaos in the household, to navigating through the legal system.

Meetings are held in Edmonton and Sherwood Park on alternating Tuesday evenings. For immediate support in between meetings, please call **PEP's Parent Support Line at 780-293-0737**.

U-Turn for youth

U-Turn for youth is a support group for adolescents and young adults who are abusing substances or working towards recovery. U-Turn is professionally facilitated and runs concurrently with the Sherwood Park parent support meetings at Strathcona County Hall.

U-turn Meetings: Tuesdays, 7pm to 9pm, bi-weekly at the Sherwood Park location. Youth are welcome even if their parent is not attending a parent support meeting.

MEDD-X

The Motivational Education for Ex-Drug Dealers (MEDD-X) is a Court-supported award winning program based on the principles of Restorative Justice. MEDD-X provides a therapeutic environment for those convicted of drug offences to examine their lifestyle and gain insight into the impact their behaviors have had on individuals, families, and the community. Participants are referred by Probation Officers and attend scheduled meetings to fulfill Court Ordered Conditions. In turn, they offer insight to parents and have become an asset to the meetings.

Coming Soon

The Parent Mentorship Program coming soon to provide additional support from experienced parents.

Queen's Jubilee Medal

On February 20, 2013, Lieutenant Governor Donald Ethell awarded Maralyn Benay the Queen's Jubilee Medal in honor of her advocacy for youth and for co-founding the PEP Society.

"The Diamond Jubilee Medal is a way to recognize those among us who have made a lasting contribution to the quality of life we are fortunate to enjoy as Albertans and Canadians," said Lieutenant Governor Ethell.

Through PEP Maralyn has been instrumental in getting the PChad (Protection of Children Abusing Drugs Act) legislation for parents in 2006 to use as a resource. This is the Court Ordered Treatment for children (under 18 yrs), currently with a duration of ten days. PEP continues to be active in the community participating in other projects.



A Mother's Story

The following story recounts the journey of one mother with a child living in addiction. She sought help and through her courage and the support of her community she managed to grow, maintain a successful career, and maintain a happy marriage.

"I'm a woman, a daughter, a sister, an aunt, a friend, a boss, a colleague, a wife, a mother to a successful married woman, and a mother to a daughter who at the age of 15 chose to experiment with Crystal Meth.

"That was eight years ago – she's now 23. Eight years in a life time is not much, but it's a very long time as a parent who has to watch a child slowly but surely kill herself.

"As a parent faced with a child who is making such choices, I came to realize that she was making me make choices as well: The choice to pretend I didn't know. The choice to enable her by giving her money to pay bills so that others won't know what is really happening, and hoping she will wake up one day and see the error of her ways. Or, I could find out how to get the tools I needed to maintain healthy relationships in my life and help me make the choice to take a stand against addiction.

"Through the professional facilitation and parental support at PEP, I've learned how to shed the guilt, shame, and fear created by being the parent of an addict. PEP continues to support me to be able to maintain my strength and mental health. Over the last seven years I have come to understand the issue of addiction, I've been able to plan and set limits, and get through the tough times that take so much energy. It is no longer easier to let the addiction win.

"I still pray that my daughter will conquer her addiction. But, in the meantime, I encourage other parents with the same challenges to stand together, to find support in the community, to protect their relationships and to join in the fight for our loved ones."

Fundraising



Fundraising is a necessity for PEP Society. It is through the generous donations and grants that the society is able to employ qualified, professional facilitators to guide our meetings and to provide valuable and constructive advice to parents, youth and MEDD-X participants.

If you, or your organization, would like to support our programs, donations can be made directly to PEP Society, which is a registered charity (No. 843200270RR0001), or directed to us through the United Way. Donations can also be made by going to our website at pepsociety.ca and then clicking on the Canada Helps icon.

Contact the PEP Society

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