



# PARENTS — EMPOWERING PARENTS

PeP talk

Winter 2012

## Executive Director's Message

*As we enter the holiday season, families will gather to celebrate and share time together. While the season is full of expectation of happy events, seasonal gatherings are often a source of anxiety for families with loved ones who are in recovery or struggling with addiction.*

*Advanced preparation can help reduce the anxiety for everyone. If you are hosting or participating in a gathering with your loved one, it is best to decide in advance if you will be participating in the consumption of alcohol. Many people believe since they are not the ones with "the problem" they should not have to change their behaviours. A gentle reminder is that addiction recovery does not happen in isolation, and the support of family can play a significant role in a loved one's recovery. This support can include choosing not to have alcohol at your gathering or choosing not to consume alcohol at a gathering so your loved one feels they are not alone.*

*If you are hosting an alcohol free event out of respect and support for you loved one, communicate that to your guests and ask that they understand and participate in the support. These decisions will depend on where you are at with your loved one's addiction, and where your loved one is in their addiction or recovery. For them, this can range from needing to avoid places with alcohol altogether, to being able to be around alcohol without wanting to use. This level of comfort can vary even day-to-day depending on where your loved is in their recovery and where they are emotionally at the time. The only way to know is to communicate openly with your loved one.*

*While it is not your job to manage your loved one's addiction or their recovery, you can prepare with them prior to the event so they have an opportunity to safely manage it. Communicating your needs and identifying what they can expect from a gathering far enough in advance will give your loved one enough time to process, make an informed decision about their participation, and prepare a safety plan before attending a gathering.*

*Open and honest communication shows respect for your loved one's situation and your guests, and reduces anxiety for all. Let's all do what we can to look after ourselves and support our loved ones this Holiday season.*

Maralyn Benay,  
Executive Director

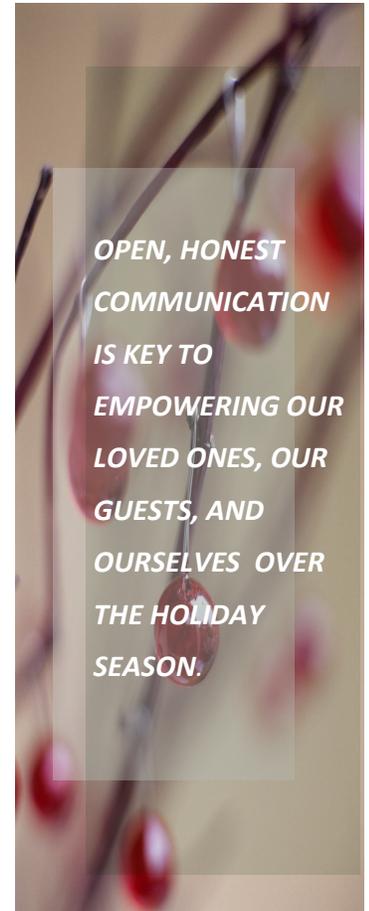
## Upcoming Events

### Love You Forever

PEP society will host it's 2nd annual Love You Forever event in September 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.

### Other

In the meantime, there are some additional fundraising initiatives in the works. More information to come in the new year.



Maralyn Benay and Barb Rix attended the recent Alberta Restorative Justice Conference

## Upcoming Meetings

### Millwoods

### Sunrise Community Church

December 4

December 18

January 15

January 29

February 12

February 26

### Sherwood Park

### Strathcona County Hall

November 27

December 11

January 8

January 22

February 5

February 19

## Fundraising - Program Support

PeP talk

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](http://pepsociety.ca) and then clicking on the Canada Helps icon.



## PEP Programs

### 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 more immediate support, 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.

### 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 the Courts and Probation Officers and must attend scheduled meetings, which are held in both Edmonton and Sherwood Park.

## Contact Us

Parents Empowering Parents Society

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Parent Support Line

780-293-0737