



Parents Empowering Parents

Providing education,
innovative programming,
support and hope for individuals
or families dealing with or
concerned about substance
abuse/addiction.

Spring 2016

I have learned, I have accepted and I have loved...

A Parent's Message

Throughout our journey with this monster that is addiction, I have learned so much. I have learned many things that I never wanted to know but more importantly, I have learned much about myself. I am strong and I am resilient. I will be ok. Addiction is indiscriminating, relentless and unforgiving. It doesn't care how old you are, where you've come from in life, or what gender you are. It's consistent and it's powerful but I will not let it beat me. It will not win.

My journey began at a time when I thought we could finally celebrate. My husband and I made it through the difficult teenage years and now our children are adults who are beginning the next phase of their lives. No more worries about drugs or outside, negative influences. We can breathe, right? WRONG!!! Circumstances and one bad choice have changed all of our lives forever. That monster showed its ugly head and changed our beautiful, independent and ambitious daughter into

someone that is no longer recognizable. As much as we wanted to and as hard as we tried to fix it, we learned that our girl has to agree to the fight. After all, she signed up for this the moment she chose to do that "green line". We can't do this for her. She has to and she will only win, if and when, she's ready. I've learned that the only way we can make it through this (relatively unscathed) is to NOT give addiction any of the attention it constantly seeks. We will not give in to the lies and manipulations that are all part of its game. No contact. TOUGH LOVE. What a contradictory concept. How is it that doing the right thing feels so unnatural? Aren't we, as parents, supposed to nurture and take care of our children? Hold them and take away their pain? I've never gone more than a couple of days without talking to my daughter. I always knew what was going on in her life. Now, it's been months with no contact, missed holidays, and missed family birthday celebrations. No "I love you mom" or "I'll be home soon" texts. I no

longer know what is happening in her life. Well, I know sugarcoated bits and pieces from other sources. That's all I get? Maybe that's all I want at this point. Addiction has made this our new normal.

I have been forced to learn about the many types of drugs and the many facets of addiction. I've learned about drug names, classifications, side effects. I've learned the many ways that drugs are taken. I've learned how to tell if someone has taken a stimulant drug, an opiate, a depressant.....the list goes on and on.

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Advocacy for Change

by Lerena Greig

Just recently, PEP's Vice Chair, Chris Risling, was interviewed on Alberta Primetime (aired February 16th, 2016) on the issue of mandatory treatment. Your voice is being heard. PEP has been an advocate for parents and parents' rights

for many years now and it was your voice that enabled us to push for legislation in Alberta with PChAD (Protection of Children Abusing Drugs act). PEP recognized that six months would be the optimal solution

but at that time, only 5 days was put into place. Parents were given the opportunity to have a court order for their child to enter a detox program with a stay time that was extended to 10 days with a possibility of an additional 5 days if approved.

Today, with the exposure of the crisis of fentanyl and the number of deaths

in 2015, the conversation has reopened and again, PEP is sitting at the table and advocating for change. Unfortunately, our youth's issues with addiction is growing at an alarming rate and the professionals in the field of addiction and recovery recognize that 10 days is barely enough time to detox and certainly does not allow for treatment of the addiction. In order for our children to change their thinking and the behaviour that is ingrained in addiction, to start the path to recovery, it has now been suggested this timeline should increase to 90 days. It still isn't the six months that PEP had originally recommended but 90 days could improve a child's chances of being successful in their recovery.

PEP listens to our members, the parents and their children's struggles in this crisis and with the help of our partners and donors, continues to advocate for change. Together we are stronger and there is power in a united voice.



MEDD-X Graduates Two Ex drug dealers speak about PEP

**Just keep doing what you are doing.
It's eye opening and encouraging.**

**Please, please don't stop teaching.
You have helped me see my ways.
Thank you, I REALLY mean thank
you for this chance.**



Fund Development Sub-Committee

Are you interested in being a part of an empowering team for HOPE in addiction and have a passion to create and implement fund-raising ideas. Join PEP's Fund Development Sub-Committee

Contact pep@strathcona.ca
or 780.410.8516 for details

Meetings

are held every Tuesday (7-9 pm) in alternating locations

Sherwood Park

Strathcona County Hall
2001 Sherwood Drive

March 1	April 26
March 15	May 10
March 29	May 24
April 12	

Millwoods

Sunrise Community Church
3303 37 Street NW (upstairs)
Edmonton

March 8	May 3
March 22	May 17
April 5	May 31
April 19	

I have learned... *continued from page 1*

the many ways that drugs are taken. I've learned how to tell if someone has taken a stimulant drug, an opiate, a depressant..... the list goes on and on. I've learned about detox and treatment. I've learned that you can never believe or trust an addict; even if it's your own child. Sobriety and recovery. I've never even tried weed for crying out loud! Now, I must learn about laws and criminal charges. I am learning about the court system and how the process is a very long and slow one. These are things that I never signed up to learn. I never thought I would have to. Unfortunately, it's not in my control. I wonder if I can claim a degree in this education.

I've learned that the only thing that I can control is how I choose to respond and react to each situation that is presented

to me. I have learned acceptance. I accept that I have done nothing to cause this and I accept that I am powerless to control this. I accept that my daughter is a drug addict who now may have a criminal record and has spent some time in jail. I accept that we will never have that same daughter that we had before this f***** journey began. She has done and seen things that have forever changed her. This is a hard one for me to accept. How do I do it?

I've learned that these things happen to good people too. I'm guilty of being that person who was ignorant to drugs and addiction. "It only happened to bad people from bad backgrounds". Man, was I naive. I realize that I can't do this alone. I accept support from the people around me. I accept the good days along with the

bad. The bad ones don't come as often as they used to. I hold my husband's hand, I hold my head high and I live the best life that I can. I attend PEP meetings and I call Maralyn on PEP's support line (who, by the way, is always right). I talk to other parents who are going or have gone through this. Lastly, I love. I love my husband, my son and my daughter fiercely! I love my family and my friends. Most of all, I love ME. I will always have hope and faith. My daughter will be alright. She will shine again. Addiction be damned!!

Visit
www.pepsociety.com
for upcoming events
and collaborations
with community
partners

What can you do in our current economy to support your community? Parents Empowering Parents continues to offer free innovative programs to families in this community and surrounding areas. Last year PEP averaged 30 parents a meeting x 52 weeks = 1560 with support, education and resources = *No Small Feat*.



There are small ways you can help. Would you give up just one specialty coffee a week for one year?

\$5 x 4 weeks = \$20 a month x 12 months = \$240.00 = *No Small Feat*

What about a regular coffee a week?

\$2.50 x 4 weeks = \$10 a month x 12 months = \$120.00 = *No Small Feat*



Thank you for your consideration in regular monthly support. Go to www.pepsociety.ca donations tab and click on Donate Now button... Together we are stronger and there is *No Small Feat*.

Thank You to our Supporters

With your help, we are working together to empower families in crisis towards health and wellness.



Felix and Pat Kuefler Fund



Also, thank you to our regular monthly donors.

BOOK YOUR DATE NOW



We Care and Share Your Values

Parents Empowering Parents (PEP) Society would like to offer to your employees and their families an educational seminar that will have a positive impact on safety and health and wellness. For over 10 years, PEP has been offering innovative services to the community and surrounding areas and is well respected by our community partners and supporters. Our presentations are professionally managed with an educational component as well as resource information for families in crisis of substance abuse or addiction.

Benefits of Employee and Family Wellness

When a workplace becomes involved in assisting employees, spouses and their family members, everybody benefits; the company, the employee, the family, the community.

Lower absenteeism, reduced sick leave; productivity and workplace safety improves along with the mental health of the employee and the family which builds stronger and healthier communities.

When there is a substance abuse problem in the family, there can be consequences in the workplace.

For more details on this opportunity, please contact Lerena Greig, Executive Director @ 780.410.8516 or pep@strathcona.ca

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Mail form to: Parents Empowering Parents, 2001 Sherwod Drive, Sherwood Park, AB T8A 3W7 or Fax 780-449-1220

PEP Programs

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:

Sherwood Park

Strathcona County Community Centre, 2001 Sherwood Drive, Sherwood Park

March 1	April 26
March 15	May 10
March 29	May 24
April 12	

Millwoods

Sunrise Community Church, 3303-37 Street NW (upstairs), Edmonton

March 8	May 3
March 22	May 17
April 5	May 31
April 19	

For more information 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 pepmedd@gmail.com

Rebuilding Hope Through Giving

PEP Society relies on individual donations, grants, corporate and community group support.

This equips us to support more families dealing with the effects of substance abuse and allows growth in the professionally facilitated programs that we offer.

There are many ways to provide hope:

1. Monthly giving visit www.pepsociety.ca and go to donations tab and click on Donate Now button (secure web-site through Canada Helps)
2. Donations via cheque or newsletter – can also be mailed directly to 2001 Sherwood Drive, Sherwood Park, AB T8A 3W7
3. Year-end donation for tax reasons.
4. Directed by your request through the United Way (Alberta Capital Region)
5. Corporate Sponsorship
6. Third Party Fundraisers
7. Legacy Gifts

Thank you for your consideration in supporting your community and rebuilding hope for families. PEP Society is a registered charity



www.pepsociety.ca
pep@strathcona.ca

support line: 780-293-0737
 tel: 780-410-8516
 fax: 780-449-1220

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 Sherwood Park,
 AB T8A 3W7