



Fall 2017

PEPtalks

Parents Empowering Parents

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

Is There Hope?

— a parent's message

What do I do now? This was my question.

My 16 year old daughter had gone missing. I called the police. Three days past. I couldn't concentrate...I couldn't breathe...I couldn't speak.

Finally, she returned home. I was so relieved...I could finally breathe again. Everything is going to be O.K. Or so I thought....

The police came over for an interview to make sure she had not been harmed while missing; once the police left, the cycle started over.

She showered and proceeded to leave the house...again! I called the police back. Surely they will be able to help, but they said that there was nothing they could do. I thought to myself....

Where do I turn? Who can help us???

That's when frustration set in. When I searched for help, everywhere I looked, I hit a brick wall. The police couldn't help, the hospital I took her to when she was high & incoherent couldn't help. In fact, they refused to give me any information because they said she had rights; privacy rights. Every treatment program I could find was "voluntary". I was at a loss. How in the world was I to help my 16 year old who was using drugs and caught up in a destructive lifestyle. What rebellious child volunteers to go to rehab?

That's when my friend stopped by my house and told me about PEP.

Finally, I found people who could help; people with experience. The help

came to my daughter by educating me as her parent; teaching me how NOT to enable her. I found that every time I went to a PEP meeting, I got stronger and more confident as a parent. It was the best thing I could have done for myself, for my daughter, and for my family. I had to be strong in order to help her. PEP helped me to maintain my sanity in the middle of a chaotic season in my life.

I will never forget the first meeting I went to. Through tears I asked the question.

Is there hope?

That's when PEP introduced me to PCHAD. (Protecting Children Abusing Drugs Act): A court order that a parent can get to have their child picked up by the police and placed in a safe house. At that time, they could only hold them for 5 days, but it was a start.

Finally there was something I could do!!! I was given an opportunity to exercise my authority as a parent in a flawed system where most authority had been taken away.

The first time I took advantage of PCHAD, my daughter decided that she didn't need to go to recovery. She felt she could "do it on her own". Well...that didn't last long.

A few months later, we exercised another PCHAD order, and had her picked up again and placed in a safe house. Fortunately, the second time, we were able to get her into recovery for about a year and a half, and she did very well.

We took her directly from the safe house to the treatment centre. She was able to finish her high school education, and get a university degree. However, she had one more relapse, and one more trip to recovery....

All I can say is thank God for PEP. I honestly don't know where my daughter would be now had I not learned the skills necessary to help her, instead of enabling her. The strength & wisdom I received by going every week for a year, equipped me to be in a position to aid in her recovery/sobriety. To this day she thanks me for fighting for her, when she couldn't fight for herself. She is now 27, drug free, and is a contributing member of society. Her relationship with family members has been restored! PEP was a huge contributing factor in her success story.

So to answer the question: Is there hope? As long as they are living and breathing, there is hope.

BOOKING NOW!

Connecting Business to Community Employee Wellness Lunch & Learn

Employee Wellness/Family Wellness impacts productivity and mental health of your employees. Learn how to support family and empower your employee.

Contact Executive Director Lerena Greig for your date! For more information call 780.410.8516 or email pep@strathcona.ca

Together we ARE stronger!

I Hope You Recover Soon...

by Lerena Greig

Just recently I sent a message to a friend who had broken her leg, a result of a mis-step in a race; "I pray you have a speedy recovery; I hope you recover soon." She commented that the EMS people were amazing, she was going to have surgery the next day and there was an indication that the pain medication was performing as it should. As a born and raised Albertan and someone who has also broken a bone, I appreciate that our Provincial health care system provides access to physical health services, pain management and "speedy recoveries."

At PEP, our families don't experience this same response when they are seeking help for their child who may have a "broken" part, that of a broken spirit or mind; a loved one who may have taken a mis-step that resulted in an illness/injury; that of addiction and mental health. Sure, you could say that choices and decisions may have contributed to the broke part but can't that also be said in reference to our physical health, i.e. too much sugar, lack of exercise; accidental or preventable

injury? Do we respond in compassion and "amazing" services as we do a physical injury; Do we respond with "I pray you have a speedy recovery; I hope you recover soon". I have seen changes in the social stigma with mental health and addiction; however it is a slow change to an urgent crisis. Your neighbor, your employee, your son or daughter, we are all impacted by this crisis; let's respond with compassion.

My friend with the broken leg received a medal from the race with the word "Survivor" on it...

Our families continue to hope for this to be the conclusion in their race... "Survivor"!

Lerena Greig
"Survivor"

If you have a loved one struggling with substance use and/or addiction, please remember our support line is professionally managed and available days, evening, and weekends and our group meets every Tuesday evening at alternate locations. You are not alone!

MEDD-X

Motivational Education/Experience for X Drug Dealers

Impact on changed lives

This program is excellent, well needed in the communities for parents. If the funding were available it would be nice to see these types of programs expanded.

I've learned a lot from the parents and facilitators about my responsibilities and having the opportunity to give back and help in my small way has been one of the most satisfying things I've ever done.

I had a good experience; although I knew I put my mom through hell, I realized through PEP how much emotional damage I caused to my family.

Sponsorship Spotlight

Their Business is our Business
(Monthly Corporate support)



DACRO Industries Inc. has been a long-time supporter of PEP families; even with the recent downturn in our economy impacting their industry, DACRO continues to be committed to their community and supporting our families. They consider it to be part of their corporate responsibility.

DACRO has been manufacturing equipment for the Resource Industry since 1974. Located in Edmonton, Alberta, Canada, in the center of the industrial activity of Western Canada, they are well positioned to serve the Resource based Industries of North America, including Oil and Gas, Refining, Petrochemical, and Pulp and Paper.

From our families to yours, thank you DACRO Industries for your continued support.

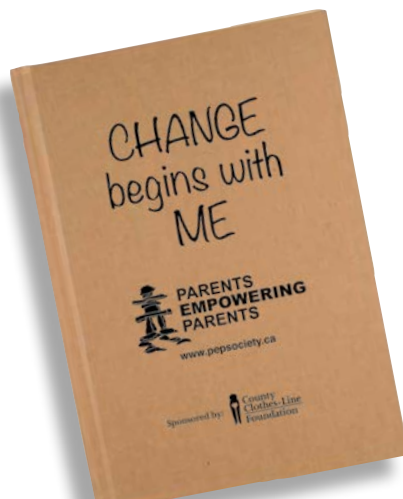
Journal for Healing Fund-raiser

Please support PEP with this lovely journal... combination of adult coloring and pages for your thoughts. A journey into your healing!

\$20 each and **100%** proceeds support Parents Empowering Parents.

Call 780.410.8516 or email pep@strathcona.ca

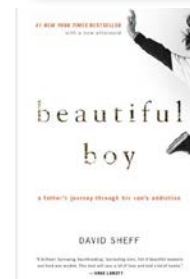
Together we ARE stronger!



BOOK PICKS



The Language of Letting Go by Melody Beattie



Beautiful Boy by David Sheff

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.



Greig Printing & Stationery Ltd



Felix and Pat Kuefler Fund
Roger and Riet Bland Family Fund

Also, thank you to our regular monthly donors.

UPCOMING EVENTS



Paint Nite "Fun-Raising"

The 'Fun' continues at Social Grounds Coffeehouse. Check out Eventbrite Parents Empowering Parents Paint Nite for tickets for future dates. – Andrea Levicki

Love You Forever A Gathering of Hope & Healing

A night of music, stories...a step into healing and the grieving process of having a loved one lost to addiction or having a loved one "lost" in addiction...

Friday, Sept. 29, 2017

7pm to 9pm

Festival Place, Sherwood Park

More Information:

www.pepsociety.ca Office: 780.410.8516

Parent Support line: 780.293.0737



PEP talks POT

November 21, 2017, 7 pm

Rooms 1-4 inclusive Community Centre, Sherwood Park

A Community forum with expert panelists followed by an opportunity for attendees questions and interaction with panel



Fall Edmonton Woman's Show

Come for a visit to PEP's Booth at the Fall Edmonton Woman's Show

October 14-15, 2017

Edmonton EXPO Centre, Hall A

For more information about upcoming events, call 780.410.8516 or visit www.pepsociety.ca

With a one-time gift

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 \$500 \$1000 Other: \$ _____

With a monthly gift

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Mail form to: Parents Empowering Parents, 2001 Sherwood 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	Millwoods Sunrise Community Church, 3303-37 Street NW (upstairs), Edmonton
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September 12	September 5
September 26	September 19
October 10	October 3
October 24	October 17
November 7	October 31
November 21	November 14
PEP TALKS POT <i>community forum</i>	November 28

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 supporting your community and rebuilding hope for families. PEP Society is a registered charity



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