



# PEPtalks

Summer 2016

## Parents Empowering Parents

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

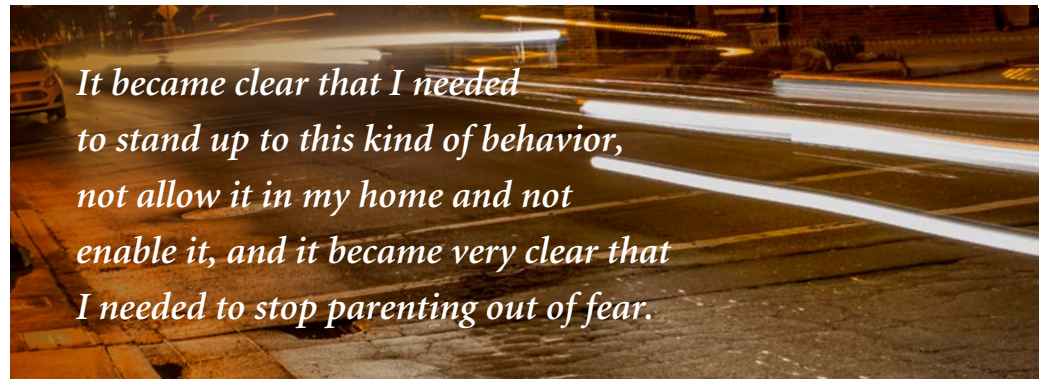
## The road not taken...voluntarily

### *A Parent's Message*

I never thought I would be one of “those parents”.... and I would never wish it upon my worst enemy. It all began about 4 years ago when our daughter, the baby of three, was suspended for bringing alcohol to school. She was entering a new junior high school, of her choice, and making new friends. The friends she was making were of a certain group that were happy to accept any newcomers, as it represented excitement and change in the group. Where we would have liked to see her fit in, she did not feel like she could or would fit in. We tried to embrace her circle of friends, but they were not interested in hanging out at a house where parents were home and the circle was ever changing, beginning to include much older individuals with vehicles as well.

As one month evolved into the next, so did the substance. Things progressed from alcohol to marijuana to cocaine and finally meth... Our daughter lost all interest in any of her sports and instruments. Her moods became very erratic and her rationale made no sense; then came the lying and stealing, seemingly with no remorse. She seemed to believe her own lies like they were truths. Days we did not know where she was or even if she was alive and still, the silence between us continued. Then came the nights of phone calls begging us to rescue her when she had enough; bringing her home, detoxing and starting again with new hope.

My time and efforts were now spent on keeping her busy and within my sight so I could ensure she would not continue with those habits, effectively, fixing her,



*It became clear that I needed to stand up to this kind of behavior, not allow it in my home and not enable it, and it became very clear that I needed to stop parenting out of fear.*

so I thought. In the meantime, I was losing sight of a husband and two other children who also needed a part of me.

It wasn't until the marriage was irreparable that we finally found PEP. We used the PChAD (Protection of children abusing drugs) process 6 times over the next few years and each time was the promise of change, the vows to enter rehab, of one sort or the other. Each time, hopes crushed underfoot as she dropped out or did not apply herself.

It was through PEP we learned that this was her journey and her own to fix. There was nothing on this green earth that we could do to make it “her time” to change. That would only come when she was ready, and she had to realize that she would have to make the choice between this drug life and a life of family, love and true friends. PEP taught us to be strong and let her own the addiction.

Over the next 2 years I would parent this child alone for the most part, able to provide consistency, of the correct kind, thanks to my PEP family. Through the

MEDD-X (motivational educational X drug dealers) participants that taught us to “have a good life” and remain strong so that we could be there when change was welcomed and the other members who exemplified the many phases we may go through, it became clear that other lives need not be sacrificed because our daughter was taking this path. It became clear that I needed to stand up to this kind of behavior, not allow it in my home and not enable it, and it became very clear that I needed to stop parenting out of fear.

The gifts given to me from this group surely must have changed my daughter's journey in ways I cannot point out. I can definitely say though that it saved my life. Without my PEP family I don't know if I would be here to share in my children's lives, my grandchildren's lives and to find peace and joy in my own life despite the sadness of my daughter choosing not taking the good life she so deserves. I still hold hope for her and will never give up that hope but it will define my life no longer.

# ALBERTA STRONG YOU ARE NOT ALONE

by Lereña Greig

When devastation hits, we are a province that pulls together... we are Alberta Strong.

Homes, businesses and schools lost; a vibrant community changed but the spirit was not destroyed.

On a personal level, I had friends and family who were evacuated and as I write this article, they are still displaced but safe.

*PEP has a strong foundation of support for those in crisis and staying connected during the journey of rebuilding with our parents and their families. You are not alone...we are a community.*

When you see the destruction of this natural disaster, you can struggle with the realization that you cannot control how, when or where this may hit home; a crisis that is not foreseen or even imagined. It may be years before rebuilding is completed and there will be residual impact on families health, education, industry and the economy in that community. We also recognize that there may be some psychological fallout for those struggling with mental health and addiction issues.

Do we stay connected, once the "crisis part" is over and the re-building has begun? Is that the definition of community, staying connected to one another?

PEP has a strong foundation of support for those in crisis and staying connected during the journey of rebuilding with our parents and their families. You are not alone...we are a community. PEP's professionally managed support line is available days, evenings, and weekends along with our weekly parent support meetings and U-Turn for youth and young adults. Together we ARE stronger.

## MEDD-X Graduates An Ex-Drug Dealer Talks

Very educational, this was good for me to see and understand how my poor decisions have affected the friends and family members of the users I have sold to. It encourages me even more to continue living positively and never use drug dealing as an option for my life. Thank you.

# PEP WANTS YOU!



### Fund Development Sub-Committee

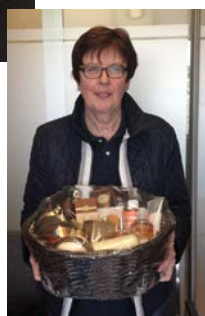
Are you interested in being a part of an empowering team for HOPE in addiction and have a passion to create and implement fund-raising ideas. Join PEP's Fund Development Sub-Committee

Contact [pep@strathcona.ca](mailto:pep@strathcona.ca) or 780.410.8516 for details



Pat Kuefler, winner of our raffle draw on April 26th, 2016

CEO Brandie Harrop of Sherwood Park/ Ft. Saskatchewan Green Party of Canada Electoral District Assoc. presents proceeds from Bottle Drive Fundraiser to Executive Director Lereña Greig.



## UPCOMING EVENTS

### Love You Forever

NEW NIGHT –  
Thursday September 29, 2016  
Festival Place

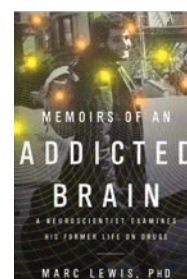
### Change Begins With Me

Benefit Concert – local talent  
October 2016 (date to be announced)  
Trinity Baptist Church

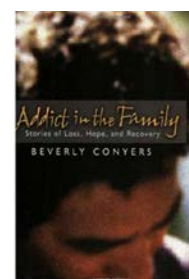
### AGM and Info Night (Addictions Awareness)

Tuesday November 22, 6 pm  
Info night; more details to come

## PAT'S PICKS



Memoirs of an Addicted Brain  
By Marc Lewis



Addict in the Family  
By Beverly Conyers



## 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](http://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

# LUNCH & LEARN

### 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 Lereña Greig, Executive Director @ 780.410.8516 or [pep@strathcona.ca](mailto:pep@strathcona.ca)



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Charity Number 9432300270RR001

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

June 7	August 2
June 21	August 16
July 5	August 30
July 19	

#### Millwoods

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

June 14	July 26
June 28	August 9
July 12	August 23

For more information visit our website at [www.pepsociety.ca](http://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](mailto: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](http://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



[www.pepsociety.ca](http://www.pepsociety.ca)  
[pep@strathcona.ca](mailto:pep@strathcona.ca)

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

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