

pep talks

Summer 2024

20 Years Family Recovery Message

As PEP celebrates 20 years, we wanted to share parts of those changed stories, of hope and support... These are excerpts from parents, grandparents, siblings and extended family who have attended and are attending; families who are taking steps into their own personal recovery.

"There's a whole tribe of warrior parents out there just like me, trying to get from one day to the next amid the chaos and drama. PEP provides the meeting places for this tribe. You learn that you aren't alone, you learn that there's nothing to be ashamed of – it really isn't your fault. You learn that one week – you're the strong one providing support to those other parents and then the next week, you're the one that needs to be propped up and supported. It's a place free of judgement where we can openly tell our stories, where we can learn about what to try next when it feels like every option has been exhausted."

"The PEP group provided a venue to learn from other parents who are living with similar stresses and an opportunity to be supported in an environment that is free from judgments."

"The worst nightmare for parents is to face the realization that their teenaged child is addicted to street drugs. You thought you were managing their social interactions. How wrong you were, the drugs are everywhere. Now where do you go, what do you do? Everyone blames the parents so now we have our own stress and pressures from our families, friends, neighbours and society as a whole. With that comes embarrassment, anger, and hopelessness because we don't know what to do. Thankfully we found PEP where there were lost parents just like us. PEP taught us we were not alone, we have a community. PEP educated us about drugs, skills to stop the cycle of abuse, family and addiction resources and most of all hope. As long as they are walking and breathing there is hope. PEP saved my sanity and I truly believe saved our child. Congratulations on 20 years of helping parents and families."

"This organization does not have a reputation of dropping you once the hard work is done. They are always there to support and congratulate a hard job well done. My gratitude to the program will be never-ending. I know that we would not be where we are today, happy and healthy, if it wasn't for them. They supported, they understood and they cheered us on when we needed it most"

"Man, was I naïve. 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 attend PEP meetings and I call PEP's support line. 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!!"

Continued on page 2



TOLL FREE FAMILY SUPPORT LINE

8 am - 10 pm / 365 days a year
(includes holidays) professionally managed

1.877.991.2737
Reach out and be supported

PEP is Alberta-wide

PEP is now a provincial organization. We are Alberta-wide, removing barriers of location to support all municipalities across Alberta and their families. Supported by the Alberta Government, Alberta Health COVID-19 Community Grant.

Permanent Virtual Wednesdays Group

Visit pepsociety.ca for details

"On several occasions, our family and friends have commented that they don't know how we have been able to handle our situation so well. I'm sure it is in large part due to the lessons we have learned at PEP and the unconditional support we receive. The PEP facilitators are extremely knowledgeable and very helpful. We have used the support line many times and were so thankful they were there for us. Their guidance helped us to make some hard decisions when we were in the middle of a tough situation. We have also come to really appreciate the input from the MEDD-X participants. Their first-hand point of view allows us a glimpse into our children's thought processes".

"PEP has been there for my family in some of our darkest days and helped us navigate through that darkness. We have grown as individuals and as a family and the tools we acquired helped save my brother's life"

"We went to our first meeting, on a normal Tuesday. We felt understood and not alone by the end of the first hour. We cried like we had cried so many times before in the past few months, but this time it was different, every person there understood. We didn't get looks of pity or blame, all we got was compassion and advice. They helped us to understand that if we didn't take care of ourselves, we couldn't help anybody else".

"My husband and I have come out the other side with changed lives, support from other family members in attendance and deep support and care from the facilitating team. It has literally been a game changer in our lives and in our marriage. Aside from a couple of times where we attended via zoom when we were unable to attend on a Tuesday night in person, we have not missed a meeting and plan to keep going for a very long time. We have also used the 1-800 Family Support Line and had extremely valuable conversations and help there too. Thank you for this amazing resource".

Thank you to the hundreds of families that will also be a part of the PEP story, a part of the PEP family. Remember you are not alone and "change begins with me". Recovery is a family journey.

Community Keeps on Giving

Deloitte Impact Day

Deloitte Impact Day.. supporting a day of strategy and vision building with from LH Jas Virk, Lerena Greig, Kirk Harline, Debbie Bridge, and Cassandra Gelinas



Sherwood Park Yoga "PEP" Night

Sherwood Park Yoga had a "PEP" night and donated \$200 proceeds to PEP. Health promoting health. Contact 780-905-9642



The Canadian Progress Club – Supporting Charities for Years



"It's Great To Be a Canadian/Soyons Fiers d'être Canadien" is the motto of the Canadian Progress Club, an all-Canadian service club having no international affiliations. PEP has been the recipient of two chapter's support. Canadian Progress Club Sherwood Park with a \$500.00 cheque along with Canadian Progress Club SILKS as below.

Park Power Gives Back – \$1366.13

"Park Power is your friendly, local utilities provider. We offer low rates, awesome service and share our profits with local charities like PEP Society." Please connect with us at <https://parkpower.ca/>





Not in My Family

PEP Talks Recovery

Thank you to our panel, our host Sunrise Community Church and those who attended.. It was informative and a well attended forum. Watch for Not In My Family in April 2025



20 Years - Past, Present and Future

by Lerena Greig

PEP was founded in June 2004 by a family support worker, a probation officer, and a mother. These three women built the foundation of who PEP is today. Without their vision and heart to provide knowledge support and hope, PEP would not be the respected organization it is today.

The seed that was planted 20 years ago, has been watered and is growing from programs that serves the capital region and surrounding areas to a province-wide provider. Research confirms that our efforts over the past two decades are recognized as vital to the recovery of individuals, families, and communities.

Looking forward, PEP will continue to lead the charge. We remain committed to being at the forefront of research and evidence-based processes. Our focus will steadfastly remain on prioritizing family wellness, advocating for their right to recovery, and ensuring that families are never again seen as mere adjuncts in the recovery narrative but as central figures in our quest for holistic health and healing.

You are a very important part of PEP's history present and future. We are NOT alone and together we are recovering.

Lerena Greig
Executive Director

Thank you to our supporters

Alberta College of Pharmacy
Alberta Government
ATCO EPIC
Roger and Reit Bland Family Fund
BMO Wealth Management, BMO Nesbitt Burns
Brisbin Family Chiropractic
Butler Family Foundation
CALLS Community Adult Learning & Literacy Society, Fort Saskatchewan & Strathcona County
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County Clothes-Line Foundation
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Park Power
Realtors Community Foundation, Edmonton & Area
St. Albert Alliance Church
Sherwood Park Yoga
SITE a Centurion Company
Strathcona County
Sturgeon Valley Baptist Church
Sunrise Community Church
Task Guru
United Way
Womanition
Also, thank you to our regular monthly donors.

MEDD-X Alumni

Since 2008, MEDD-X has been an important part of PEP's family recovery group. Participants recognize the impact of their lifestyle on community and families, including their own. A circle of healing happens between both participant, family, and community. These are some of their impact statements.

"After attending PEP, I understand how I played a part in the lives of these suffering families and for that I am truly sorry from the bottom of my heart. I know I can't undo the past but I can be a better human being then I used to be. Love with boundaries works".

"PEP was an important part of my recovery. I wish my family had known it existed. It would have helped them and made me come to my knees earlier".

"PEP has shown me that with love for my family and forgiveness, I can come back from addiction"

"I owe a lot to PEP. I believe they are the most unique family recovery program we have in the area. As they expand, they will continue to help families and MEDD-X see that change can happen for the better".

NEW YOUTH PROGRAM (15-18)

URise Starting this Fall -
Tuesday September 10, 2024

Are you between the ages of 15-18 and have a family member or friend struggling with substance use. Come to URise where you can begin a transformative journey towards wellbeing. Discover your inner strengths and be empowered to navigate those challenges in a safe and open environment.

Registrations are open with limited spots available. Contact Urise@pepsociety.ca for more information or registration.

As part of the PEP family, you are invited

PEP Society is Celebrating 20 years

Saturday June 8, 2 pm - 4pm

Join us for refreshments & cookies. Program starts 2 pm. Sherwood Park Chamber of Commerce, 100 Ordze Ave.

Working together to empower families in crisis towards health and wellness.

YES

I Want to Help Rebuild Hope for Families

With a one-time gift

- \$25 \$50 \$100 \$250
 \$500 \$1000 Other: \$ _____

With a monthly gift

- \$25 \$50 \$100 \$250
 \$500 \$1000 Other: \$ _____

Yes, I would like to subscribe to your email notifications

Email _____

Name _____
 Address _____

 City _____ Prov. _____
 Postal Code _____ Phone _____
 Email _____

Gifts by: Cheque VISA Mastercard

Card Number _____
 Expiry Date _____ Amount _____
 Security Code _____
 Signature _____

Charity Number 943200270R0001

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

PEP Programs

PEP meets 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.

In-person resumes every Tuesday at alternate locations in South Edmonton and Sherwood Park (in person, no limits at this time)

Bi-weekly Thursdays St. Albert is now in person, located at sponsored space St. Albert Alliance Church 200 Villeneuve Road St. Albert.

Permanent Virtual Wednesdays - NEW Weekly. See website for details.

IN-PERSON Family Recovery Group Meeting

SOUTH EDMONTON (in-person)

Sunrise Community Church 2nd flr 3303-37 Street, 7 pm - 9 pm

June 4, June 18, July 2, July 16, July 30, Aug 13, Aug 27

SHERWOOD PARK (in-person)

Alberta Room, 2nd flr, 401 Festival Lane (Family and Community Services), 7 pm - 9 pm.

June 11, June 25, July 9, July 23, Aug 6, Aug 20

ST. ALBERT (in-person)

St. Albert Alliance Church, 200 Villeneuve Road, 7 pm - 9 pm

June 6, June 20, July 4, July 18, Aug 1, Aug 15, Aug 29

pre-registration required: <https://pepsociety.ca/free-webinars/>

VIRTUAL Family Recovery Group Meeting

Weekly PERMANENT VIRTUAL WEDNESDAYS (via Zoom)

Via Zoom, 7 pm - 9 pm

June 5, June 12, June 19 June 26, July 3, July 10, July 17, July 24, July 31, Aug 7, Aug 14, Aug 21, Aug 28th

QUARTERLY WEBINARS

Watch our website for the next webinar.
<https://pepsociety.ca/free-webinars/>

NEW URise Youth Program

NEW URise a youth family recovery program for 15-18 year olds. Every Tuesday starting September 10th 4:30 pm. Salisbury High School Sherwood Park. 12 week program

Registrations are open with limited spots available. Contact Urise@pepsociety.ca for more information or registration.

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 info@pepsociety.ca

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.

The many ways to provide hope:

Monthly Giving Visit pepsociety.ca and go to donations tab and click on Donate Now button (secure web-site through Canada Helps)

Donations via Cheque Mail to: 2001 Sherwood Drive, Sherwood Park, AB, T8A 3W7

Year-end Donation for tax reasons.

Employee Giving Through payroll deductions. Directed by your request through the United Way (Alberta Capital Region)

Corporate Sponsorship

Third Party Fundraisers

Legacy Gifts

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

Here is the Zoom Link

for all Family Recovery Group and U-turn meetings to <https://pepsociety.ca/family-recovery-group-meetings/#>

For dates confirmed, you can also visit

<https://pepsociety.ca/calendar/pep-family-recovery-meeting/> Make sure you have calendar set to "month" view.



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

www.pepsociety.ca
info@pepsociety.ca

Family Support Line: 1.877.991.2737
 tel: 780-410-8516

2001 Sherwood Drive
 Sherwood Park, AB T8A 3W7