

pep talks

Fall 2024

A message from Mama Bear... thank you for listening

Dear person on the other line,

Thank you for listening, caring, and being patient with me when I was in a crisis.

It was February and cold. My daughter was in the contemplative stage of getting help from her drug addiction. I live an hour from her. I hadn't had one solid sleep in two years. I was grief stricken and stuck in a rut. All my help wasn't helping and I was mentally and physically tapped out.

I was able to get my daughter successfully into detox. I couldn't have done it without that voice on the line guiding me every step of the way.

However, when she decided to go to detox, I was more than happy to take her. Her pick was a three drive from her place, which meant another hour for me. At the time I was not able to miss anymore work. I had been up since 0500, worked 8 hours and then attempted to get my daughter to where we needed to go (that took additional 3 extra hours) and then 3 hours driving. Unfortunately, at this point in her addiction we were not able to be in the same room for more than 30 min together before she would begin attacking me. So, the drive was pure chaos. She was high or detoxing I really couldn't tell anymore but she was evil. She was a ticking time bomb. I knew

her time on earth would not be much longer if she didn't get help and soon.

She kind of slept off and on during the trip. I was thankful for that. It was after 900 pm when we left. I hadn't booked rooms in advance. I was beat when we arrived to an unfamiliar city to me. I tried to check in but my credit card wouldn't work and they wouldn't take debit and the bear was waking up and at any moment I knew she was coming out of hibernation.... Mean and ready to attack. At that point she was seeking to get a fix.... Because she didn't have enough to make it until morning.

The hotel we went to was that out of a horror movie ... eerie but our beds were not in sight of each other so that helped me stay out of her sight. We had to be at detox by 0800 which means I would have to wake her up and she didn't like that. I couldn't handle anymore, I couldn't think clearly, I was a hot mess and hadn't slept all night. I was not capable of baring her attacks. I was tired and afraid she wouldn't go. The last two years I had cried myself to sleep every night and NOW I was really falling apart and didn't know what to do.

I found your phone number. Whoever, was on that line saved my life that day. Unfortunately, my daughter after detox had her dealer come pick her up. We tried again two weeks later and she made it. She has been in an inpatient treatment center since February 19, 2024 and for the first time in two years I slept, I can't remember if I cried that night but if I did it was happy tears.

The first time I phoned I needed help maybe not so much for my daughter but for me. Whoever I talked to was God sent and I will forever be grateful. She was an older lady with at least 25 years of experience in the field. She talked back and forth with me that day/morning until I was able to get my daughter successfully into detox. I couldn't have done it without that voice on the line guiding me every step of the way. She encouraged me every step of the way and made no promises about my daughter's choices but rather gently explained they were hers to make.

To my angel on the other line, "thank you!"

God Bless
Mama Bear



**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

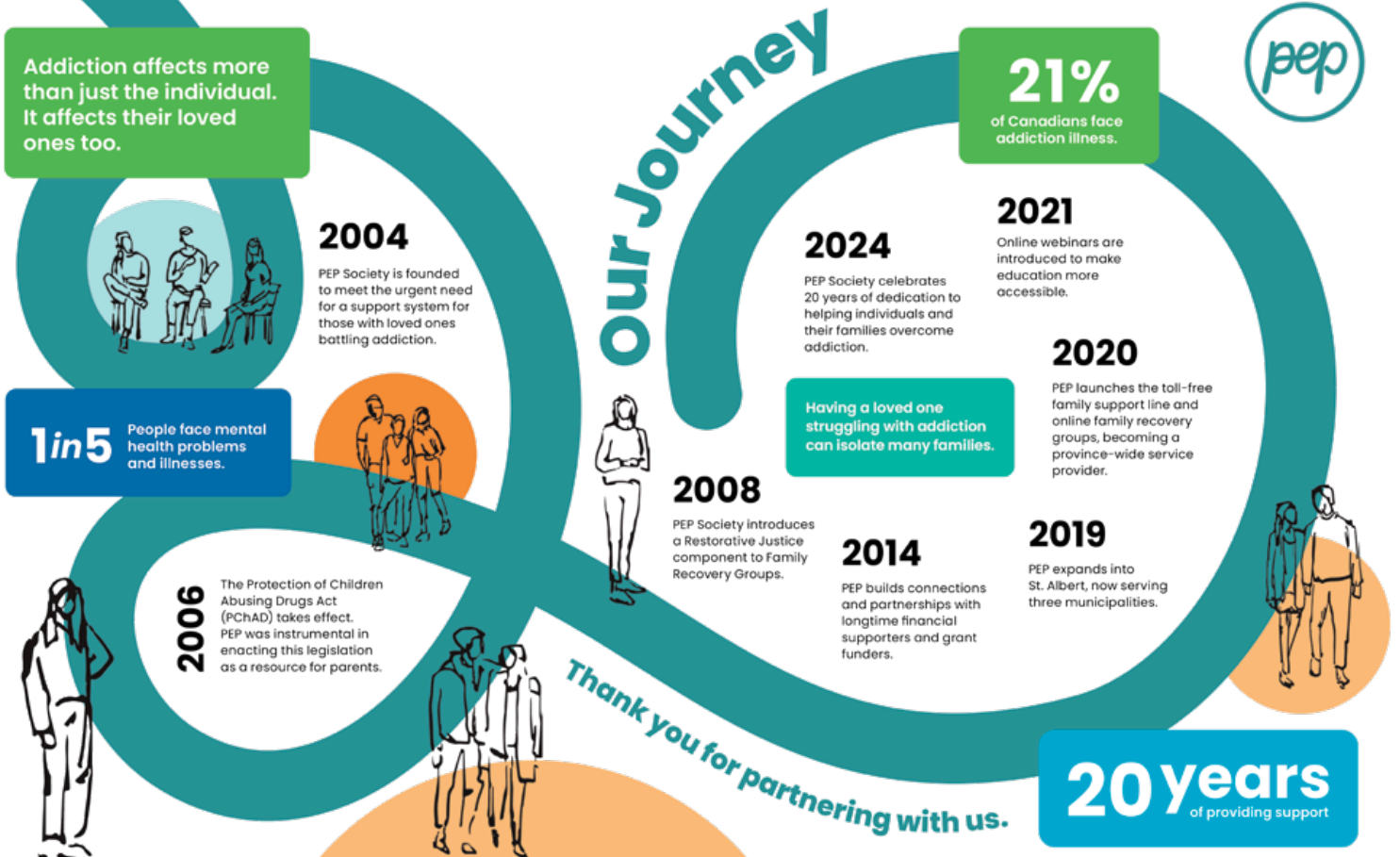
PEP is now a provincial organization. We are Alberta-wide, removing barriers of location to support all municipalities across Alberta and their families. Supported by the Alberta Government, Alberta Health COVID-19 Community Grant.

**Permanent Virtual
Wednesdays Group**

Visit pepsociety.ca for details

Celebrating 20 Years

Thank you to all those who attended the celebration



Join us in the next leg of that journey

2025 will bring growth to other communities, new services for our youth, peer connecting and recovery for the workplace.

Stay connected to find out more
pepsociety.ca or 1.877.991.2737

SAVE THE DATE

Our Next Webinar

Monday
November 25

Watch our website details
<https://pepsociety.ca/free-webinars/>

Previous Webinars - Listen in as PEP provides knowledge, tools and support in our previous webinars. All videos are free to watch.

I've Been Welcomed — Alumni MEDD-X

PEP has played a major role in my recovery. It has allowed me to not only see the impact my actions made on families of people involved, but also given me an idea of how my own family was affected. Another way PEP has benefitted me is due to the unique nature of the program, I've been welcomed by the families to give insight and give back to people who have been hurt by addiction. I continue to be grateful for the vulnerability and kindness displayed by the facilitators and the families, I hope to continue seeing families come to PEP to find healing for themselves.

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
Canadian Progress Club Sherwood Park
Canadian Progress Club, Silks County Clothes-Line Foundation
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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.

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

We're Listening

by Lerena Greig

There is a growing need for more communities, more families and more individuals to be heard, to be supported and to gain knowledge in the area of addiction and mental health. We're listening and you are heard at PEP.

Currently, PEP is looking at expansion in other communities, municipalities within the next few years and expansion in the areas that we already serve (Edmonton, St. Albert, Sherwood Park). Along with our PEP Family Recovery Group expansion, PEP is starting a pilot youth program September 10 called URise for 15 - 18-year-olds who may have a friend or family member struggling with substance use. URise aims to empower youth by equipping them with essential skills and knowledge to embark on a journey of holistic wellness. Our program focuses on fostering resilience, awareness, and empowerment, enabling participants to overcome challenges and thrive in their personal lives. Currently, the pilot is only offered in Strathcona County but we are

hopeful this will be another program that other municipalities will take ownership of and provide to their residents.

Go to <https://pepsociety.ca/programs/u-rise>

It is a painful reality that addiction impacts everyone directly or indirectly and our goal is to be able to support more families across Alberta. When the family is supported, heard and educated about the illness, this helps develop wellness which leads to wellness in our communities. Addiction does not discriminate. It is not a respecter of persons, age, ethnicity, or community. We recognize the needs of our families, of our communities, and we're listening.

Our toll free support line is available 8 am – 10 pm 365 days a year... You are not alone!

Lerena Greig
Executive Director

URise
starts Sept. 10
Pilot program for youth who may have a friend or family member struggling with substance use.

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.

UPCOMING EVENTS

Annual General Meeting

Tuesday October 15, 2024

Come and hear about our past year and meet our Board. All are welcome to attend.

PEP Family Recovery Group to follow at 7 pm.

6 pm - 7 pm, Alberta Room 2nd floor Family and Community Services
401 Festival Lane Sherwood Park, AB

If you have any questions or are interested in a board position please contact info@pepsociety.ca

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

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Postal Code _____ Phone _____

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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

Sept 10, Sept 24, Oct 8, Oct 22, Nov 5, Nov 19, Dec 3, Dec 17, Dec 31

Sherwood Park (in-person)

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

Sept 3, Sept 17, Oct 1, Oct 15 (AGM 6 pm), Oct 29, Nov 12, Nov 26, Dec 10, Dec 24 (cancelled)

St. Albert (in-person)

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

Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 21, Dec 5, Dec 19

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

Sept 4, Sept 11, Sept 18, Sept 25, Oct 2, Oct 9, Oct 16, Oct 23, Oct 30, Nov 6, Nov 13, Nov 20, Nov 27, Dec 4, Dec 11, Dec 18, Dec 25 (cancelled)

QUARTERLY WEBINARS

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

NEW URise Youth Program

12 week youth family recovery program for 15-18 year olds. Every Tuesday starting September 10, 6 pm. Salisbury High School Sherwood Park.

Registration is required with limited spots <https://pepsociety.ca/programs/u-rise> or contact URise@pepsociety.ca

Registration is now open

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