

pep talks

Winter 2024

A Place of Hope and Recovery

— a parent's message

I'm a mother who has been attending PEP meetings for just over 10 months.

Before finding PEP I was deeply sad and down emotionally. I felt a lot of grief and a sense of loss and hopelessness. It was difficult to concentrate. I felt isolated and that no one could really understand how I was feeling. Too much anxiety, too much fear for the future of my loved one, myself and the impact on our family. I could not let go of the constant worry of my loved one's active addiction, mental illness and safety. It was a wheel I was going around and around on and could not get off.

When searching the internet, I felt desperate for help. I found a reference to PEP that was happening that same evening via a virtual meeting. I remember joining halfway through the meeting. I was shaking so hard throughout my body I was unable to show my face to the group or share any part of my story because I couldn't talk I could only cry. But even without speaking I felt so welcomed and so understood.

Everyone had a story that spoke to me. We all have loved ones in active addiction, some with police involvement and mental health issues. Some are estranged and unable to contact loved ones, some don't know where family members are. We face challenges that have broken our hearts, and the burden often feels overwhelming.

I continued to attend meetings and for a long time could only listen to others sharing their experiences. Over several months I started to feel a return of hope and see the possibility of recovery for me. Our facilitators begin each meeting by sharing presentations that are related and relevant to addiction.

I have learned about ambiguous loss is grieving a loved one who is still alive. In the group we share reading material and resources that have worked for us. All these tools have helped and continue to help me. We also have individuals, who are in recovery attending, where we can hear the perspective of the addict. That has been a huge turnaround for me.

These meetings are not about how to fix our loved one, but about the change that begins with me. That through PEP providing an encouraging and safe environment I am slowly gaining back all that I thought had been lost. I am finding myself again. I have learned to put away shame to love and be kind to myself, that you can still love the addict and hate the disease.

There is a way through the incredible grief and loss to a place of hope and recovery. No matter what the addict is doing we can be OK. Please do not hesitate to call PEP directly, attend meetings in person or virtually. You will be welcomed with love and acceptance.



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

Holidays can be a difficult time and this year many of the holidays happen on PEP family recovery nights.

We have added a Virtual Group on Boxing Day Thursday Dec 26 and an In Person meeting on New Years Eve, Tuesday Dec 31 at Southside Edmonton.

You can also contact our Family Support Line at 1.877.991.2737 (8 am - 10 pm)

PEP FAMILY RECOVERY GROUP
Tuesday December 24 - Cancelled
Wednesday December 25 - Cancelled
Thursday December 26
Tuesday December 31
Wednesday January 1, 2025 - Cancelled

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



Are you and your family concerned? We can help.

Heard, Valued and Supported

– M.E. Alumni

My name is Nancy and I am honored to be a participant in the M.E. program.

When my case manager first introduced me to PEP and asked if I wanted to join, I jumped at the opportunity. He explained that it would be a meaningful way to give back, using my experiences to offer hope to those with loved ones battling addiction. I entered the program with no idea what to expect, and I could not have foreseen just how significant this opportunity would become. For many years, I thought that the time I spent in addiction was wasted, but since joining PEP, I have discovered that nothing could be further from the truth.

During meetings, others ask me questions about my experiences and value my insights. It's incredibly fulfilling to know that I can transform a difficult past into a source of light and hope for others. Everyone who attends the meetings listens to one another with compassion and offers kind words of support. It is truly a blessing to be part of such a caring community. The feedback I receive from the group and facilitators is invaluable, helping me to better understand what my family and loved ones endured during my struggle with addiction.

I have learned so much from everyone, and I especially enjoy the lesson component at the beginning of

each meeting. Being part of PEP has also allowed me to start making amends, which was something I deeply needed. Witnessing the progress of others on their healing journeys has strengthened my compassion and clarified my future goals. Listening to their stories each week inspires me, and I am continually amazed at the positive impact PEP is making.

The facilitators are knowledgeable, compassionate, and kind. Every week, I look forward to our Wednesday night meetings, knowing that I will enter a space where everyone is heard, valued, and supported. Together, we find the courage to take our journeys one day at a time.

Presents or Presence

by Lerena Greig

When we think about Christmas, what feelings arise? Holidays can be time with family and friends, a season of peace joy and love, gifts of kindness or the exchange of presents. However, presents don't necessarily satisfy our innermost needs.

The season can hold a totally different outlook for others. It may bring grief, reflections of loss, stress, financial strain, broken relationships and a sense of uncertainty and concern for a loved one. The greatest gift for many of our PEP families would not be a wrapped present but their loved one's presence at the table and the family's recovery from the impact of the illness of addiction. Presents or Presence...what is the real hope for this season?

If you have a loved one struggling with addiction and you are not sure what tomorrow will hold for you and your family, we can help. You are not alone!

Lerena Greig
Executive Director

Keep on Giving



Laura Sherrer-Townsend from Task Guru continues to support PEP with regular donations...giving back to the community.

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
Dacro Industries inc.
Edmonton Community Foundation
Greig Printing & Stationery Ltd.
Halkier + Dutton Design
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McCrary Rourke Advisory
The Medicine Shoppe Pharmacy, Sherwood Park
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.

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

On behalf of the Board of Directors and the team at PEP Society
Merry Christmas and Happy New Year.



PEP Society has a new partnership to announce!
We will be working with social media influencer Leroy
(find him on Instagram and TikTok @leroyandleroy).

With his unique blend of humour and creativity, Leroy has amassed a massive following online and has become one of the most beloved content creators on social media. They'll be travelling Alberta to different places of interest and talking about PEP's resources and where people can find support.



Keep an eye on our Instagram page to see his posts coming soon, and visit pepsociety.ca/leroy

NEW YOUTH PROGRAM (15-18)

URise

The next session starting February 4 2025, 6 pm

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.

Registration is open!

Registrations are open with limited spots available <https://pepsociety.ca/programs/u-rise> or contact Urise@pepsociety.ca for more information or registration.

COMING SOON

Red Deer Family Recovery Group

Starting Tuesday April 1 2025, 7 pm - 9 pm

PEP is expanding into your community. We have a great team in place and will be providing Family Recovery Group on Tuesday evenings 7 pm - 9 pm

For more details, email our Red Deer Team Lead Kath Hoffman at kath@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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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

Dec 3, Dec 17, Dec 31, Jan 14, Jan 28, Feb 11, Feb 25, Mar 11

Sherwood Park (in-person)

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

Dec 10, Dec 24 CANCELLED, Jan 7, Jan 21, Feb 4, Feb 18, Mar 4

St. Albert (in-person)

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

Dec 5, Dec 19, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 13

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

Dec 4, Dec 11, Dec 18, Dec 25 CANCELLED, NEW Dec 26, Jan 1 CANCELLED, Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5

QUARTERLY WEBINARS

Watch our website for the next webinar.

<https://pepsociety.ca/free-webinars/>

NEW URise Youth Program

Youth family recovery program for 15-18 year olds. Next start date is **Tuesday February 4, 2025, 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

M.E. program (formerly MEDD-X)

M.E. - Motivational Experience: A Restorative Justice Program

The M.E. program is for individuals in recovery from substance use disorders and addiction who want to continue their journey of recovery. The role of a M.E. participant is to provide support, insight, and hope to families navigating the challenges of addiction. Participants attend PEP's Family Recovery Meetings to listen and participate in the groups. Participants share their experiences, and explore how their past choices have impacted individuals, families, and communities. This is a referral only program. For more information or a referral form please contact ME@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 go 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