

pep talks

Fall 2025

Sense of Peace on this Difficult Journey — a parent's message

I live with trauma, anxiety, fear and most days with hope. After all, I feel if you don't have hope you have nothing to hold onto. I am a mother of a beautiful young 33year old daughter whose life has crashed in the last few years. She is an addict and has mental health issues on top of that.

She is the mother of three sweet young children ages 8, 5 and 2. Shock would be the word for where our family sits today in the wake of all that has happened. A bit of history will help with this story. Our daughter was always a strong academic, very musical and was a natural at any sport she attempted. Trouble started when she was unable to make good

choices in her friends and later in men. Fast forward to her now having been in a 9 year relationship with an abusive husband who broke her spirit, her bones and her self worth. He is currently out of the picture and our hope is that it stays that way. Currently the children are safe with extended family and our daughter looks forward to the time she will be reunited with them. It has been a real challenge for our whole family. Feelings of anger, resentment, shock and sadness at the situation the little children have been through. My youngest daughter had to make the call to have the children removed from the home, and that has been very traumatizing for her. So, there is trauma that we relive, anxiety wondering if she will continue on the road to recovery and now hope that she will stay on the positive recovery path she is on at present.

Our daughter has been on a recovery path since the beginning of March 2025. She is now in phase 3 of the Aventa program. She has applied for these programs and moved onto the different phases on her own and has worked really hard at her recovery thus far.

Joining PEP was by far a much-needed group for my own healing process. A co-worker going through the same experience as myself, suggested it and sent me the information on PEP. I knew I needed to be with people who could relate to my feelings and experiences and I have found that in this group of people. I have learned that we are not alone in this war on addiction and mental illness, that we

can learn through others expressions and emotions that go along with having a loved one in crisis. I know that I cannot heal my daughter and only she can do the work. I know I can set boundaries for my own well being and peace and still love my daughter. I have decided to have hope and take the good days knowing that the future is unknown, that recovery is a life long journey and taking care of myself is an important part of this process. I have learned that we all feel guilt and wonder if we could have done something different, and that I can be at peace knowing all I did for my child was out of love and her choices are not a reflection of me. It releases the unjustified questioning of yourself and the guilt you feel.

I have passed on information about the PEP Society to others that I know are going through the same struggles as we are. I have highly recommended that people join if they feel the need of the support and understanding of others in the same circumstances, as it has truly helped me in my healing.

In closing I want to say that it's important to heal our trauma and temper the anxiety we feel for our own health and well being. Never give up on hope even if it feels hopeless at times! Hope is what we need to hold onto with the understanding that we are not in control, but we can have a belief that things will get better. Our lives must carry on and we need to find our own happiness in spite of the heartache we feel for our addicted loved ones. I wish for you all to find your own sense of peace in this difficult journey.



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, Mental Health and Addictions Ministry.

Permanent Virtual Wednesdays Group

Visit pepsociety.ca for details

Are you and your family
concerned? We can help.



Sharing your story – *Vulnerability Remorse*

by Lerena Greig

Within the PEP community, we often talk about something we call vulnerability remorse.

It's the feeling that can surface after someone shares openly in a support group. In the moment, speaking honestly may feel like a relief. But afterwards, doubts can settle in. "Did I say too much?" "Was I too emotional?" That sense of regret or discomfort can sometimes make people hesitant to return.

This response is incredibly common and you are not alone.

Sharing your story takes courage. And while it can feel exposing, it also creates space for connection. Often, what one person worries was "too much" is exactly

what someone else needed to hear. Others may feel less alone when they hear a story that reflects some of their own experience.

That's why we put so much care into creating safe, supportive spaces where people feel respected and heard. There is power in your story and sometimes it takes speaking it out loud to start your healing journey. At PEP, we acknowledge the courage and vulnerability it takes to attend our Family Recovery Groups and hope you will continue to step into that room, to step into your healing process. There is power in numbers and strength in knowledge. Together we ARE stronger.

Lerena Greig
Executive Director



PEP families, M.E. participant and team visit with the Minister of Mental Health and Addiction, Rick Wilson

Sponsorship Highlight

Thank You to our **Monthly DONORS**

PEP is a registered charity, non-profit. Your support helps us keep the door open for families who need us.

Your donation helps us:

Run weekly Family Recovery meetings

Professionally managed toll-free family support line

Monthly Learning Series

Start a Youth program URise

Provide training in the workplace – Recovery Informed Workplaces

Raise awareness about family recovery and break stigma across Alberta

Reach more families and communities

Supporting the next
family walking through
our doors

PEP changed my perspective – M.E. Alumni

My name is Amanda, and I'm a proud graduate of the M.E. program with PEP. PEP changed my life so profoundly that I actually asked if I could stay longer—I didn't want to leave. Before PEP, I was living in what most people would call rock bottom... but for me, that was just normal. My life was chaotic, fast, and constantly shifting. I was always scheming, trying to control every situation to suit whatever I needed at the time. I thought drugs and money were enough to get by, and I couldn't understand why

my family always looked at me with such heartbreak.

I used to think, "I'm the one with the addiction, I'm not miserable... why are they crying for me?" It annoyed me, honestly. I hated seeing their tears and sadness—it made me uncomfortable and angry. But through PEP, I started to understand that addiction doesn't just hurt the person using—it's a disease that affects families and entire communities. It wasn't until I met other parents in the program that I really saw the same pain I'd

witnessed in my own family. Hearing their stories and feeling their heartbreak opened my eyes in a way I never expected. It helped me recognize just how deep my family's pain truly went.

That realization shifted something in me. I'm incredibly honored to share my story, my strength, and my hope with families who still have loved ones battling addiction. PEP was the only program I wanted to keep pursuing after my time was done. I love the PEP team, and I believe in the work they do with all my heart.

PEP's Family Recovery Learning Series

September

Caring for Others by Caring for Yourself

When supporting a loved one through addiction, your needs can easily come last. Learn why caring for yourself is the key to staying strong for the ones you love.

Discover simple ways to protect your well-being, build connection, and find meaningful moments of joy. You'll walk away with one small, powerful action to try this week.

Monday, September 8, 6:30 pm – 8 pm

pepsociety.ca/education for registration link



PEP's Family Recovery Learning Series offers free, online monthly sessions designed to help you understand addiction, care for your own well-being, and feel more confident in the middle of it all.

Each session offers practical tools, helpful insights, and a chance to connect with others who get it.

When: **First Monday of each month (except holidays)**

This quarter: **September 8, October 6, November 3**

Where: **Online (Zoom)**

Time: **6:30 – 8:00 pm MST**

Cost: **FREE, registration required**

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

Felix & Pat Kuefler Fund

McCready 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.

UPCOMING EVENTS

URise

Youth Family Recovery Program for 15-18 yr olds

Watch for the next session to start September 23

Limited spots so register early!

Salisbury High School Sherwood Park

12 week program; registration is required
<https://pepsociety.ca/programs/u-rise>
or Contact URise@pepsociety.ca for more information

AGM

PEP's Annual General Meeting

Tuesday, October 14

6 pm - 7 pm Alberta Room, 2nd floor
401 Festival Lane Sherwood Park

PEP Family Recovery meeting to follow.

ALL are welcome to attend. Come and hear about our past year and our exciting future, meet our current and future board members.

Watch for some new opportunities for PEP families and our community

Training and Presentations for Recovery Informed Workplaces

available upon request

Monthly Learning Series
pepsociety.ca/education

Sherwood Park Family Recovery Meetings Are Now Weekly

Check out pepsociety.ca for what's new.

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 _____

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

Charity Number 843200270RR0001

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.

Weekly Permanent Virtual Wednesdays. See website for details.

In-Person Family Recovery

Group Meetings (7 pm - 9 pm)

South Edmonton

Sept 9, Sept 23, Oct 7, Oct 21, Nov 4, Nov 18, Dec 2

Sunrise Community Church 2nd flr 3303-37 Street

Sherwood Park

Sept 2, Sept 9, Sept 16, Sept 23, Sept 30, Oct 7, Oct 14, Oct 21, Oct 28, Nov 4, Nov 11 CANCELLED, Nov 18, Nov 25, Dec 2

Alberta Room, 2nd flr, 401 Festival Lane (Family and Community Services)

St. Albert

Sept 11, Sept 25, Oct 9, Oct 23, Nov 6, Nov 20, Dec 4

St. Albert Alliance Church, 200 Villeneuve Road

Red Deer

Sept 2, Sept 9, Sept 16, Sept 23, Sept 30, Oct 7, Oct 14, Oct 21, Oct 28, Nov 4, Nov 11 CANCELLED, Nov 18, Nov 25, Dec 2

YMCA, 6391-76 Street

Virtual Family Recovery

Group Meetings (7 pm - 9 pm)

Wednesdays, via Zoom

Sept 3, Sept 17, Sept 24, Oct 1, Oct 8, Oct 15, Oct 22, Oct 29, Nov 5, Nov 12, Nov 19, Nov 26, Dec 3

NEW Monthly Enhanced Learning Series (Mondays)

Sept 8, Oct 6, Nov 3, Dec 1

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

NEW URise Youth Program

12 Week Program

Next session starts September 23, limited spots so register early

registration required:
<https://pepsociety.ca/programs/u-rise>

Quarterly Webinars

Watch our website for the next webinar

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

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 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.



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

2001 Sherwood Drive
Sherwood Park, AB T8A 3W7

www.pepsociety.ca
info@pepsociety.ca

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