



Summer 2025

Hope Throughout the Journey

— a parent's message

Google's best definition of Hope is:

Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life.

Hope is the power to believe that anything is possible- fresh start, a second chance or to wish upon a miracle.

My sons' addiction has been for the last thirty years! It has been hard to imagine Hope in these years. But I tried.

Each year brought discouragement as I watched the slow progress of losses the addiction was taking in his life. I think just seeing him get sicker and sicker was the most painful. It seemed it all happened in stages.

A vibrant young man with so many possibilities available to him that just

didn't mean the same to him. His potential to achieve taken away by alcohol and meth.

As a parent watching and living thru my child's addiction I imagined in the situations of the losses in his life, the loss of jobs, loss of wife and marriage, loss of children not wanting you in their lives, homelessness, jail that he would see these as his rock bottom! My idea of rock bottom is and was not the same as my son's idea of rock bottom. Alcohol and meth remove you from these realities.

The first time my son went into treatment there certainly was Hope. Now his life will change. He entered treatment not because of his personal choice but by the grace of his employer at the time. Who saw his potential when he didn't? I was grateful that someone was willing to give him a chance to get healthy and keep his job.

I remember when he came back from treatment, I believed that this was going to work and he would get on with his life. Even willing to provide money for getting his life back on track. What I actually did was enable him to afford to back to his drugs. He was not ready to change. It is devastating to have that Hope be crushed by him going back to what he knew so well! Alcohol and drugs.

In total he attempted recovery three times. But he never allowed himself to be in recovery. In PEP I learned that even if it hasn't worked out, they are given tools which stay with them to change. I remember after the third try he said to me that he felt if he wasn't using meth, weed because it is legal and drinking occasionally he had a handle on his addiction. He did not. The stinking thinking of a sick mind.

Hoping something to be different than what it is, so difficult to live thru. Attending PEP has been my lifeline to sanity. Learning that I didn't cause it, that I can't control it and I can't change it helped to facilitate my own healthier mental health. I have been attending PEP for 10 years and now when I look back and recall first hearing about boundaries, I thought I was learning a new language. I didn't know what a boundary was and I didn't know how to implement them in my life. I felt them but felt I could be strong enough to live with them. But I did because I had to! His addiction was controlling my thoughts and actions for a long time. PEP gave me the strength to find myself again. It is a slow an arduous process but it works.

My son's rock bottom has happened. Realizing that his daughter married and he was not there for that very special moment brought him to himself and a realization that his life and his thinking was not working for him. Alcohol and meth distort thinking.

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, Mental Health and Addictions Ministry.

Permanent Virtual Wednesdays Group

Visit pepsociety.ca for details



Are you and your family concerned? We can help.



NEW MONTHLY PROGRAM

Enhanced Learning Series

First Monday of the month

Learn with opportunities for discussion and building community

In the **Family Recovery Learning Series**, we delve into addiction and recovery topics that can help you find strength, understanding, and support as a family member of a loved one facing addiction.

Focused Topics

- Understand Addiction
- Explore Family Recovery
- Nurture Wellbeing
- Align With Values
- Improve Communication
- Establish Boundaries



Scan to join.

Sessions are 100% free. Please join us!

Visit [PEPSociety.ca/education](https://pepsociety.ca/education) to learn more and to register.

VIRTUAL THROUGH ZOOM

Hope Throughout the Journey Continued from page 1

My granddaughters wedding was a beautiful event for her and her husband but it was also a very painful moment for me. Watching her and her brothers be together to celebrate her special day without their father, as his Mother was painful.

That pain has been transformed into Hope now as my son is nine months clean!!! A fresh start – a second chance – a wish upon a miracle. He has a home that he pays for, a job giving service to others seeking recovery, planning and moving towards building a future to serve others with people who believed in him before he believed in himself. Hope is beautiful.

I am able to have clear loving compassionate conversations with my son which puts me over the moon. Finding words for how this all feels are hard but as

one facilitator so graciously spoke is that I feel a joy inside. This is true because I have never felt anything like this before except maybe when I gave birth to him. I am not foolish enough not to know that this could change on a dime however I am choosing to live with the Hope that today he is good and tomorrow will become even better. He has HOPE. I have HOPE.

Last night he asked if I would come for his presentation for his one-year sober plaque. I can't imagine I would be anywhere but by his side. HOPE LIVES!

PEP provides Hope and strength. We can live even if our loved ones are sick. I am and will always be grateful for PEP as they have been there thru my darkest moments, supporting me and helping to learn to stand strong. God bless PEP.

Amen

The PEP Family



PEP facilitator team meeting on Saturday April 26, 2025

PEP believes in the power of family. Family can take many forms. It can be genetic; it can be through adoption or a close relationship that has become “like” family. When we think of family, we think love, protection, harmony and respect or a group of individuals that love and trust each other unconditionally.

When the pain of addiction hits the family, many of the above aspects can change, be distorted and even destroyed. Addiction can even create division in the family unit. Addiction kills, steals and destroys and PEP empowers families to rebuild, restore and redeem.

If the Family unit takes on the care of the struggling person, without the knowledge and understanding of the illness or support from others, then the opportunity for healing is delayed.

The family is an important part of the PEP story. For over 20 years, PEP has recognized that family needs their own recovery in the midst of the addiction of a loved one. From our PEP family to yours, thank you for allowing us to be a part of your healing, a part of your story...

Lerena Greig
Executive Director

A Better Me – M.E. Alumni

I am a participant in the Edmonton Drug Treatment program. This program has provided me with meaning and purpose while in recovery.

This is my first time I have attempted treatment and I am learning a lot doing this program. PEP was suggested as a part of my recovery program. I was nervous at first because of fear that I may be judged for the things I did in my addiction but after going to my first PEP meeting, this changed.

I listened to the families and learned about how addiction changes the family dynamics. I had just recently reconnected with my own family and the PEP meeting helped me to reflect on my actions and how they impacted my family. I came to appreciate more of their unconditional love for me. They never gave up on me during the time I was making wrong choices in my life.

PEP helped me to stay on the path of recovery, not just for myself but for my family who loves me. I will always be grateful for the support I have now to become a better person, free from addiction and a productive member of my community.

Thank you PEP for being a part of my community.

UPCOMING EVENTS

Boundaries: A Loving Act

Monday, June 2
6:30 - 8:00 pm



**Understanding what boundaries
are and how to set them with
care and confidence**

Registration required:
pepsociety.ca/education for
registration link

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

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.**

Now In Your
Community

Red Deer Family Recovery Group

(in person)

Every Tuesday,
7 pm - 9 pm

YMCA Northside
Community Centre

For more details, contact our
Red Deer Team Lead
Kath Hoffman via email
kath@pepsociety.ca

New
Opportunities

Training and Presentations for Recovery Informed Workplaces

Available upon request

Monthly Education Series

pepsociety.ca/education

Sherwood Park Family Recovery Meetings Moving to Weekly

Every Tuesday, starting
June 3rd

New Meeting
Schedule

Sherwood Park Family Recovery Meetings

(in person)

Moving to weekly starting June 3rd

Every Tuesday in your
community, you have an
opportunity to step into a safe
place to be empowered, gain
knowledge and support

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 843200270R0001

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 Family Recovery Group Meetings (7pm-9pm)

South Edmonton

Sunrise Community Church 2nd flr 3303-37 Street,

June 3, June 17, July 1 Cancelled, July 15, July 29, Aug 12, Aug 26

Sherwood Park

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

June 3, June 17, June 24, July 1 Cancelled, July 8, July 15, July 22, July 29, Aug 5, Aug 12, Aug 19, Aug 26, Sept 2

St. Albert

St. Albert Alliance Church, 200 Villeneuve Road,

June 5, June 19, July 3, July 17, July 31, Aug 14, Aug 28

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

Red Deer

YMCA, 6391-76 Street

June 3, June 17, June 24, July 1 Cancelled, July 8, July 15, July 22, July 29, Aug 5, Aug 12, Aug 19, Aug 26, Sept 2

Virtual Family Recovery Group Meetings (7pm-9pm)

Weekly Permanent Virtual Wednesdays (via Zoom)

June 4, June 11, June 18, June 25, July 2, July 9, July 16, July 23, July 30, Aug 6, Aug 13, Aug 20, Aug 27

New Monthly Enhanced Learning Series

June 2

Starting with Boundaries, Monday June 2
 Registration: pepsociety.ca/education

NEW

URise Youth Family Recovery Program for 15-18 year olds

Watch for the next session to start in September 2025, 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 information

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.



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

[www.pepsociety.ca](https://pepsociety.ca)
info@pepsociety.ca

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

2001 Sherwood Drive
 Sherwood Park, AB T8A 3W7