



Parents Empowering Parents

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

Winter 2015

A Parent's Message

What do I do Now?

Its 2004: I've 2 daughters
The youngest at 15, a crystal meth addict

What do I do Now?

Fears and tears of frustration
A high school friend, Audrey Holliday,
introduces me to PEP

I can't breathe

I attend PEP meetings
Spend hours on the phone with Maralyn
And my question is always:

What do I do Now?

You have an action plan
You set boundaries
You check her room
You make her life uncomfortable
You stop enabling

I can't breathe

You support her positive choices
You look after yourself and your family
You get sleep when you know she is safe,
and

I learn to breathe

As long as she's walking and talking there
is hope!

She agrees to go re-hab

I learn to breathe

She's at rehab at Enviros – I don't think she
will stay
I don't think they know how to deal
with her

I can't breathe

What do I do Now?

You have faith - they are professionals
You get sleep
You concentrate on your other daughter
You have to stop driving yourself crazy
with what ifs

I learn to breathe

As long as she's walking and talking there
is hope!
She returns home
Should I celebrate?

I learn to breathe

What do I do Now?

I love and support her positive choices

I breathe

She relapses

I can't breathe

What do I do Now?

I send her to Maralyn

I breathe

Ten years have passed...
She is a beautiful young woman
No drugs, but alcohol is a challenge

This has been her journey, but I had one too!

My journey has included PEP
I could not have done it without PEP
I have learnt a lot about myself,
I learnt I am stronger than I thought I was
I learnt to hold on tight to hope
I learnt to let go of fear
I learnt to breathe.

What do I do Now?

I Breathe.

Visit
www.pepsociety.com
for upcoming events
and collaborations
with community
partners

Holiday Message

The Empty Chair

At PEP's Love You Forever event, there is an empty chair that sits at the front of the room representing those that we love and have lost to or in addiction. The Empty Chair seems to loom that much more at holiday time.

It seems from the dawn of time, Moms have taken on the burden of making sure that the holidays are perfect; the perfect decorations, the perfect gifts, the perfect meal! We all have in our head what that perfect day will be like. The chaos that we deal with when we have a child lost in addiction or lost to addiction on a daily basis doesn't go away because the calendar says it's the happiest day of the year!

There was never an Empty Chair at our house; however, there was a stranger sitting in it. The Green Monster had taken over. It certainly made the holidays difficult for our family. This went on for

almost 4 years of different holidays. It certainly made it difficult to get into the spirit of things and definitely affected our whole family.

What I learned is that I needed to give myself a break! I tried to find things to be grateful for. I tried to make the best of a less than perfect situation. Sometimes that resulted in denial of what was really going on with my child, which wasn't the best course of action.

If there is an Empty Chair during your holidays this year – please give yourself a break. If your child has been lost to addiction, know that they are no longer suffering and are in a place of love and light. If your child is lost in addiction, know that as long as there is life, there is hope...

A parent

MEDD-X An Ex-Drug Dealer

PEP and MEDD-X have provided me with insight into my effects on the community, while providing a sense of healing for both myself and the parents. Each meeting I learn valuable lessons about my actions and how to handle future decisions. MEDD-X has helped me grow into a much better person, and I am grateful for that. PEP is an extremely valuable program that I would recommend to anyone with issues of substance abuse in their family.

UPCOMING EVENTS



Annual Christmas Potluck Celebration

Tuesday, December 8, 2015, 6 to 7 pm
Sherwood Park PEP meeting to follow
County Hall Side
2001 Sherwood Drive, Sherwood Park, AB
(or Festival Avenue entrance)
County Hall Rooms L2 & L3

If entering through Strathcona County Community Centre, walk past library and information desk, through double doors, down stairs/elevator to basement. PEP meeting to follow...

Spread the News – Volunteers Needed

to help distribute brochures, newsletters, and posters to local businesses/organizations

Fentanyl Info Night A Success

Fentanyl Info Night on Tuesday November 10th, 2015 was attended by over 110 people from the community: parents, municipal provincial and federal representatives, agency representatives and media. PEP

would like to thank our panel of experts for their knowledge and education to the

community about Fentanyl and the life and death impact of this drug.

Thank you to our panel: Mark Snaterse, AHS Addictions and Mental Health Edmonton Region; Dr. Jim Adams from Primary Care Network, Pain Clinic

Sherwood Park; Jesse Challoner, Fire-fighter/Paramedic from Emergency Services Strathcona County; Jean-Ann Garside Pharmacist Shoppers Drug Mart; RCMP and the ex-drug dealer and ex-drug user...

“Spreading the News” Media – Global TV Edmonton, Dinner Television, Globe and Mail, Sherwood Park News, 630 CHED and i880News; CTV and NAIT’s team on-site at event.

Thank you to Donna McColl for her Media Relations.

Thank you Vicky’s for refreshments at the event.



Meetings are held every Tuesday (7-9pm) in alternating locations

Sherwood Park

Strathcona County Hall
2001 Sherwood Drive

December 8 (Christmas Potluck at 6 pm)
December 22 February 2
January 5 February 16
January 19

Millwoods

Sunrise Community Church
3303 37 Street NW (upstairs) Edmonton

December 1 January 26
December 15 February 9
December 29 February 23
January 12

Fund Development Sub-Committee

NEW

Are you interested in being a part of an empowering team for HOPE in addiction...
NEW – Fund Development Sub-Committee
Passion to create and implement fund-raising ideas...

Contact pep@strathcona.ca or 780.410.8516 for details



The Gift of Giving

by Lerena Greig

As Christmas approaches, many of us consider the gifts we will give to family, friends and those in need.

Those gifts may be purchased, created, or may be the gift of time and support.

This season can be very difficult for families in crisis, the crisis of addiction. The desire is to have loved ones included in the celebration of the Christmas season; a time of love, peace, hope and joy. This is not always possible when a child is lost in addiction. Addiction creates chaos, hopelessness and a broken spirit. As we reflect on the spirit of Christmas and of giving, please consider how you can help those in need.

At PEP our donors enable us to give all year around with free innovative programs

and a support line to families who are in need of strength, knowledge and resources. As parents struggle to keep their children safe from this debilitating illness of addiction, one parent said "PEP = HOPE"

Parents Empowering Parents (PEP) Society is a registered charity and we ask you to consider "the gift of giving" this season with a one-time donation or becoming a monthly giver. Will you give hope?

Together we are stronger.

You can easily give on-line at www.pepsociety.ca click on donations tab and donate now button...



On behalf of the board of directors, our volunteers and team at Parents Empowering Parents

Merry Christmas & Happy New Year!



On behalf of Community Investment Committee Shoppers Drug Mart, a cheque was presented to Executive Director Lerena Greig for \$1,000.00 for support of PEP's Support Line – 780.293.0737

Together we are stronger.

BOOK YOUR DATE NOW

LUNCH & LEARN

We Care and Share Your Values

Parents Empowering Parents (PEP) Society would like to offer to your employees and their families an educational seminar that will have a positive impact on safety and health and wellness. For over 10 years, PEP has been offering innovative services to the community and surrounding areas and is well respected by our community partners and supporters. Our presentations are professionally managed with an educational component as well as resource information for families in crisis of substance abuse or addiction.

Benefits of Employee and Family Wellness

When a workplace becomes involved in assisting employees, spouses and their family members, everybody benefits; the company, the employee, the family, the community.

Lower absenteeism, reduced sick leave; productivity and workplace safety improves along with the mental health of the employee and the family which builds stronger and healthier communities.

When there is a substance abuse problem in the family, there can be consequences in the workplace.

For more details on this opportunity, please contact Lerena Greig, Executive Director @ 780.410.8516 or pep@strathcona.ca

Thank You to our Supporters in 2015

With your help, we are working together to empower families in crisis towards health and wellness.

MEDD-X Program Grant



Felix and Pat Kuefler Fund



Donations in Loving Memory of Adam Meyers

Also, thank you to our new monthly donors in 2015...

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 Sherwod Drive, Sherwood Park, AB T8A 3W7 or Fax 780-449-1220

PEP Programs

Parent Support Meetings

PEP convenes 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. No registration is required to attend these drop in meetings, which are held:

Weekly on Tuesdays from 7pm to 9pm alternating locations each week:

Sherwood Park

Strathcona County Community Centre, 2001 Sherwood Drive, Sherwood Park

December 8 (Christmas Potluck at 6pm)

December 22 February 2

January 5 February 16

January 19

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Sunrise Community Church, 3303-37 Street NW (upstairs), Edmonton

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For more information visit our website at www.pepsociety.ca

Parent Mentorship Program

This program connects parents with parents. Mentors selected to listen, relate, share hope, share ideas, and provide additional support to parents new to PEP. Request for this service can be made with the meeting facilitator.

U-Turn for youth

U-Turn supports youth & young adults involved in substance use to explore their situations through casual discussion and education in a no-pressure environment. Runs concurrently to the Sherwood Park PEP meetings. See website for schedule. Drop in Meeting. No registration required.

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 peppeddx@gmail.com

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.

There are many ways to provide hope:

1. Monthly giving visit www.pepsociety.ca and go to donations tab and click on Donate Now button (secure web-site through Canada Helps)
2. Donations via cheque or newsletter – can also be mailed directly to 2001 Sherwood Drive, Sherwood Park, AB T8A 3W7
3. Year-end donation for tax reasons.
4. Directed by your request through the United Way (Alberta Capital Region)
5. Corporate Sponsorship
6. Third Party Fundraisers
7. Legacy Gifts

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



www.pepsociety.ca

pep@strathcona.ca

support line: 780-293-0737

tel: 780-410-8516

fax: 780-449-1220

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