



17 YEARS

PEPtalks

Spring 2021

Parents Empowering Parents

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

I will love you forever, my baby you will be — a parent's message

September 24, 1997, @ 4am my life changed forever. I learned what love was, I felt it with every fiber of my body. My son Kolton was placed on my chest, it was a feeling like no other. He was my first born, my first true love.

Kolton was the light of my life. He was the sunshine in the room. He was 20 months old, when, at my doctor's

His teacher, (a wonderful man) Darren Picking, was not for medication either. We agreed two weeks, if no difference, no harm no foul. Two weeks went by and he was a different boy. Kolton used to get up, up to 10 times some days to sharpen his pencil, now he was sitting in his seat following the lesson, and participation in class. He moved to the starting line up on his hockey team, and assistant captain. He was catching up to his peers both socially and in academics. One specialist said the meds are like taking off a set of earphones screaming in your ears. I am not sure to this day, if I could rewrite this story if I would do it any other way.

Like 50% of families our family ended in divorce. This was a trying time for all of us. Kolton rebelled by refusing to take his medication. He experimented with drugs, to find that balance, his medication had given him. Marijuana, turned to cocaine, which turned to meth, and down the dark path he went. Unfortunately, that has become his lifestyle. He has spent the better part of his adolescents and young adulthood incarcerated. Talk about a nightmare, I was going to see my love of my life, separated by a piece of glass.

I am not telling you my story for your tears or sadness; I have that covered. I am telling you that because no matter how bad

it gets; he is still my son. When people post 'if only parents would have disciplined that boy he would not be there', or 'put them all on an island and let them take care of each other', 'open the cells, they can take care of each other', 'Enough of our tax dollars supporting them'. Yes, all these things have been posted or said to me, by my friends and my family. I am asking you if your family is having these struggles please nothing is better sometimes.

My daughter and I have found great comfort in a local group PEP, Parents Empowering Parents. It is a group that loves and supports families through the darkest time of their lives. They are just a phone call away or meeting away. They teach you how to deal with anger, what your new normal is, strong and healthy boundaries. Kolton was raised to believe he could be anything he wanted to be. I genuinely believed this; smart, charismatic, self-confident, high people connector, could be anything in this world. I never believed he would be an addict, incarcerated, pathological liar. Thank you for listening to my story, and all I ask is, to love your people, support your people, and if it is too big for you, know there are groups like PEP that will help carry you, your friends and family through it.

I love you forever my baby you will be.



FAMILY SUPPORT LINE

Did you know that PEP has a professionally managed support line available days, evenings, and weekends?

The number is 780.293.0737
toll free 1-877-991-2737

appointment, for my daughter, our family doctor looked at me and said, 'Jennifer you know he has ADD right?'. 'He's a healthy, busy boy,' I replied. I did hear him that day and started to be an advocate for my son. You see, our family doctor was also our family friend, and had 4 of my other family members diagnosed with ADD.

Fast forward 4 years, the school called me in, and it is time to medicate Kolton's ADHD. I was broken, my perfect child, medicated. The specialist, naturopathic, pediatricians, fish pills, organic diet, was no longer enough. I had three assessments, one through the school, two independents. I went to another specialist, and he said to me, 'if your child were diabetic would you not give him insulin, this is no different'.

VIRTUAL MEETINGS

Family Recovery Group Meetings & U-Turn
(youth/young adults at risk) 16-24 Meetings

Virtual Meetings will continue until further notice.
For all updates visit www.pepsociety.ca



It helped shape my recovery – MEDD-X Alumni

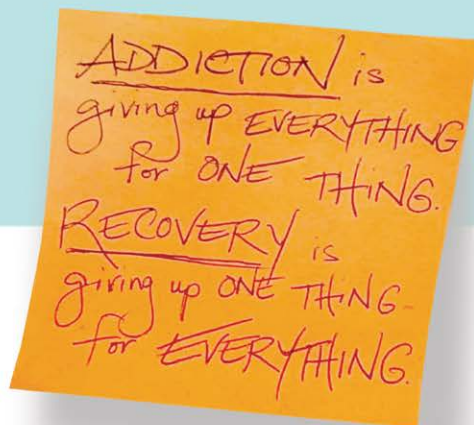
As a member of the Drug Court Treatment Program, I was given the opportunity to participate in the MEDD- X program in the Family Recovery Group at Parents Empowering Parents.

Initially coming into the program, I had an idea of the pain I had inflicted upon my family while I was using, but being a part of PEP truly showed me the depth of hurt that my choices caused. This program has given me insight into just how much one's actions can affect another's well-being, state of mind, and overall happiness. I now see that the

people directly affected by my addiction were also suffering just as much as I was at my lowest point, and are in need of support and healing too.

As a new parent and a recovering addict, I now have a better understanding of both sides of addiction. Although PEP began as a way for me to give service back to the community, it has helped shape my recovery by providing information that is applicable to my life. It's given me the motivation to be better for myself and my family.

ARTHUR



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

Sponsorship Spotlight



Minerva Foundation

A Legacy of Giving

“On behalf of the Board of Directors, we are absolutely thrilled that we were able to provide this gift during such a trying year, 2020. We are proud to be able to support such a worthy organization.”

For many years, Minerva Foundation has been supporting charities and has a legacy of giving. Their theme is families helping families.

PEP Across Alberta

Parents Empowering Parents (PEP) Society is now a provincial organization.

PEP reaches 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.

A bi-weekly Permanent Virtual Group started Wednesday November 18th, 2020

Toll Free Family Support Line

PEP now has a professionally managed toll free Family Support Line 1-877-991-2737

Operates days/evening/weekends

visit www.pepsociety.ca for ongoing updates and special announcements or email info@pepsociety.ca

FREE WEBINAR
Addiction Recovery 101 for Families

WATCH ONLINE

4 CS OF FAMILY RECOVERY

PARENTS EMPOWERING PARENTS

WWW.PEPSOCIETY.CA

New Educational Webinars

Watch web-site for NEW educational webinars free registration - last Monday of the month pre- registration is required by <https://pepsociety.ca/free-webinars/> or emailing info@pepsociety.ca

Family Recovery Stories

Are you and your family concerned about a loved one's substance use and or addiction...

We found hope, support and knowledge!

We can help!

Visit <https://pepsociety.ca/client-testimonials/>

The Story Continues...

by Lerena Greig

It's been a journey, this pandemic. Many of us had hoped and prayed that this would be ended by now and we would be able to meet with our friends and loved ones, face to face without a computer or tablet connecting us; share a meal together and have our daily news be about something else; for our tagline to no longer be "stay safe and healthy." These are the times we are still living in. Every day can bring change. Isolation is becoming a form of "normalcy" and that can be detrimental to our families and loved ones. This pandemic is an added stressor to what our families are experiencing on a daily basis. The unknown, the change and the isolation created by a loved one's addiction. More pain, more loss, more safety issues..

What can I do, how do I change; how do I adapt and become resilient in the face of these challenges. How do I support my family and keep them safe? These are the basic necessities of life - hope, safety, love, health and provisions and they are being attacked by illness of addiction and a pandemic. PEP

can help, you are NOT alone. Taking a step into your recovery from this roller coaster of the two stressors can provide hope, safety and health. You can learn to adapt, to change, to be resilient. And the good news is that there are many opportunities to join our professionally facilitated Family Recovery Group; one week, Tuesdays and Wednesdays, one week Tuesdays and Thursdays. The family support line is available days/evenings and weekends and also professionally managed. Monthly webinars are filled with educational aspects of addiction and recovery and are free to register. Please break free from the isolation and take steps towards your recovery.

PEP can bring you from misunderstanding to knowledge, from chaos to calm, from hopelessness to hope. We can help. You are NOT alone and the story will continue to change...

Lerena Greig
Executive Director

Thank you to our supporters

- Abrasive Blast & Paint Inc.
 - Apex Contracting inc.
 - Roger & Reit Bland Family Fund
 - BMO Wealth Management, BMO Nesbitt Burns
 - Butler Family Foundation
 - CALLS Community Adult Learning & Literacy Society, Fort Saskatchewan & Strathcona County
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 - Style Lounge Apparel Etc.
 - Sunrise Community Church
 - TELUS Edmonton Community Board
 - Volunteer Strathcona
 - Womanition
- Also, thank you to our regular monthly donors.

THANK YOU

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

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

Charity Number 8432300270R0001

PEP Programs

VIRTUAL MEETING

Family Recovery Group Meeting

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. No registration is required to attend these 'virtual' meetings.

Weekly Tuesdays 7pm to 9pm

Bi-Weekly Wednesdays 7pm to 9pm

Bi-Weekly Thursdays 7pm to 9pm

SEE you "Zoom" Due to ongoing challenges with physically connecting, PEP is joining the "Zoomers" and having 'virtual' Family Recovery Group and U-turn (16-24) meetings.

www.pepsociety.ca. See pop up and home page for times and links for both groups and calendar for dates. Check PEP website for when face-to-face meetings will resume.

March 2, 4, 9, 10, 16, 18, 23, 24, 29 (Webinar), 30

April 1, 6, 7, 13, 15, 20, 21, 26 (Webinar), 27, 29

May 4, 5, 11, 13, 18, 19, 25, 27, 31 (Webinar)



VIRTUAL MEETING

U-Turn (youth/young adults at risk) 16-24

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.

Every Second Monday

March 8, 22

April 5, 19

May 3, 17, 31

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.

There are many ways to provide hope:

MONTHLY GIVING

Visit www.pepsociety.ca and go to donations tab and click on Donate Now button (secure web-site through Canada Helps)

DONATIONS VIA CHEQUE OR NEWSLETTER

Can also be mailed directly to 2001 Sherwood Drive, Sherwood Park, AB, T8A 3W7

YEAR-END DONATION for tax reasons.

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

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.

For dates confirmed, you can also visit <https://pepsociety.ca/calendar/pep-family-recovery-meeting/>

Set calendar to "month" view.

All meetings are still virtual until further notice.

ZOOM Link

Here is the zoom link for ALL Family Recovery Group meetings and U-turn meetings <https://pepsociety.ca/covid-19-notice/>



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