



18 YEARS

PEPtalks

Fall 2022

Parents Empowering Parents

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

Change begins with ME

— a parent’s message

My awareness of Parents Empowering Parents came thru the TV set one evening seven years ago. Global News was doing a feature on the non profit group designed for parents dealing with their addicted child. The facilitator at the time was, respectfully, a mature woman. So am I. The group looked mature also. I thought my attendance would go rather unnoticed.

My first meeting at PEP was a pivotal moment for me. It was the beginning of being understood and accepted. They actually understood who I was and what I had been going thru better than I did. I went to PEP being and feeling lost.

In 2016 over lunch with my son he admitted he was an addict!! His drug of choice was Meth. Writing this brings me back to that moment. I will remember that moment always. Twenty something years just began to make sense. His employer at that time gave him a condition of employment. Recovery was where they wanted him to go. He was off to Calgary.

My life with my son for over twenty years was dealing with fear, anger, being verbally abused and living with

uncertainty. I came from an alcoholic background and I was certainly not wanting to create this lifestyle for myself or my sons in anyway. I have struggled with control from the get go and I also acquired denial as a best friend.

In these last thirty years I have witnessed the disintegration of my child who means so much to me. His admission was a relief. His crazy life began to make sense. I had a name—there was help. This was good! For HIM.

Change begins with me. Do they not know that my son needs the help? What? Change begins with me? That phrase would, and still does, resonate within me each meeting I leave. That first meeting and quite a few afterwards brought me to my knees. The safety to be able to express what it was like living with my son's life; this was the beginning of my healing.

The past thirty years has brought a lot of chapters to the face of addiction. PEP brings an environment of non-judging which is different than when talking with family and friends. I have found an understanding of knowing and

a reaffirming that I can not / could not change my son's life.

The lessons that are provided from PEP help ease the burden of witnessing his addiction. Learning of “the green monster” has moved me forward in a positive way.

To learn that the addiction is separate to who my son really is was mind blowing; this helps me facilitate detaching with love.

From PEP I am also learning how to set up boundaries for myself in dealing with his addiction. That has been huge. Setting up boundaries is uncomfortable at the beginning but they are the most liberating action over time.

Today my son is in treatment in Calgary. This is his third attempt. I welcome his recovery and recognize his strength to commit to himself and his wellness. I pray he continues to find a new path.

I am thankful and grateful that PEP provides excellent facilitators who care to educate and listen to me on my journey for healing also.

Amen
Change begins with ME



PEP family getting together to support a PEP family member.. together we ARE stronger!



TOLL FREE FAMILY SUPPORT LINE

Days/evening/weekends. Professionally managed Added to our local Family Support Line

Toll Free 1.877.991.2737
Local 780.293.0737

I came to understand the value a MEDD-X Alumni

My name is Alexander. I joined Drug Court in February of 2021, and will be graduating in September of this year. My time in Drug Court has been the most formative and progressive year and a half that I have ever had in my life. It has completely changed my outlook on life, the way I perceive myself and others around me. I feel it has bettered me in so many ways, it is hard to specify. [The PEP program has been one of the things that contributed to this change in my life.](#)

I was apprehensive about attending the PEP program at first; it was difficult for me to understand as to why I needed to attend it. I was stuck in thinking that I would not be able to get anything out of it and that I would be unable to assist the parents. But I found that I was able to gain a new perspective through my time in it. I came to have a better understanding of how my past drug dealing and addiction played a part in other peoples lives; the parents of their addicted children, and the children themselves.

I have a new appreciation of the strength that these parents have. How much struggle they face on a day-to-day basis when trying to come to understand the addiction their children face; how they struggle to cope with their own emotions and actions through attempting to find balance in their own lives.

I was able to finally see first hand of the things my parents must have felt, of how they would have been coping through the years. And I am so grateful of this new understanding.

I am so proud of all the parents I had the pleasure of meeting during my time in PEP. I was able to see the growth they went through, and how they applied the things they were learning in their day to day lives.

It takes a certain strength, one that is hard to come by for most people. And these parents all showed it.

So thank you to PEP and to all the parents, I am truly grateful for the time I was able to spend with all of you. I hope the best, that you all continue to persevere in life, with whatever challenges you face ahead.

Thank you,

upcoming events

AGM Annual General Meeting

Tuesday 6 pm October 4th, 2022
Board elections and membership

2nd floor Alberta Room,
401 Festival Lane Sherwood Park
PEP Family Recovery Meeting
to follow at 7 pm

PEP is Alberta-Wide

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.

Permanent Virtual Wednesdays Group

Visit the PEP website for details –
pepsociety.ca

A toll free Family Support Line 1-877-991-2737

This professionally managed support line is active days/evening/weekends.

This line is in addition to our local Family Support Line.

Director/Board Positions Available

Are you passionate about making a difference in your community?

Since 2004, **Parents Empowering Parents (PEP) Society** has empowered families with knowledge and strength; families who have a loved one struggling with addiction.

With your commitment, expertise and skills, you can make a difference.

Join a diversified team....Together we ARE stronger.

For more information, contact Lerena Greig Executive Director 780.410.8516 or info@pepsociety.ca or visit our website www.pepsociety.ca



Sponsorship Spotlight



100 WOMEN WHO CARE

Thank you to 100 Women who Care Sherwood Park for supporting families in your community. Your dollars empower families to move into health in the midst of supporting a loved one struggling with addiction.

You are making a difference...

Local women supporting local charity

Change of Seasons

by Lereña Greig

As I'm writing this article, fall is approaching. Change of seasons can bring many things; a sense of hope in spring, planning fun time in the summer, colors and opportunities in the fall, ski vacations with opportunity for fireplace moments and projects indoors. All of these I've mentioned are positive ideas of the change of seasons. But let's face it, some of the season changes also bring forms of challenges. Spring can bring floods and allergies; Summer can bring bugs and heat waves that are unmanageable without tools (air conditioners and bug spray that works). Fall can be a season that comes with a busy lifestyle that creates overload and stress (school, work load increase). Winter can bring bad weather with bad road conditions, extreme weather changes and isolation.

Life's journey of recovery can be compared to change of seasons. At PEP, we talk about

change a lot and change is not an easy process sometimes... each change can bring forth a form of "season" with similarities to: spring – hope and floods, summer – fun and irritants and heat, fall – colors, opportunities and stress, winter – vacations or isolation. It takes intention, encouragement and support to move past our bad into our good aspects of change.

If you're stuck in the bad and looking for empowerment to move into some good seasons, please reach out. PEP family recovery groups are a safe, open and confidential space to realize you are not alone and change can happen.

If it's difficult for you to take that first step into that room (in person or virtual) consider calling our professionally managed support line 1.877.991.2737.

Lereña Greig
Executive Director



Watch web-site for
NEW Educational Webinars
Quarterly, last Monday of the month

SAVE THE DATE
Next Webinar is
Monday, Sept 26, 7 pm

Free Registration
Pre-registration required at
<https://pepsociety.ca/free-webinars/>
or by email: info@pepsociety.ca
You didn't miss out....
Previous Webinars posted and available for viewing



FREE WEBINAR

Thank you to our supporters

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Minerva Foundation
Realtors Community Foundation, Edmonton & Area
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Also, thank you to our regular monthly donors.

THANK YOU

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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 and virtual capability 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 continue bi-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

Sept 13, Sept 27, October 11, Oct 25, Nov 8th, Nov 22

SHERWOOD PARK (in-person and virtual hybrid)

Alberta Room, 2nd flr, 401 Festival Lane (Family and Community Services). No limitations for in person attendance at this time. This room is equipped with the ability to also join the meeting by zoom, 7 pm - 9 pm

Sept 6, Sept 20, Oct 4 (AGM), Oct 18, Nov 1, Nov 15, Nov 29

ST. ALBERT (in-person)

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

Sept 1, Sept 15, Sept 29, Oct 13, Oct 27, Nov 10, Nov 24

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

VIRTUAL Family Recovery Group Meeting

PERMANENT VIRTUAL WEDNESDAYS (via Zoom) continue bi-weekly

Via Zoom, 7 pm - 9 pm

Sept 7, Sept 21, Oct 5, Oct 19, Nov 2, Nov 16, Nov 30

MONDAY U-TURN ongoing virtual bi-weekly

U-turn (youth/young adults at risk) 16-24 every second Monday

Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Nov 28

QUARTERLY WEBINARS Next Webinar Monday Sept 26

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

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.

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.



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

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