18 YEARS
PEPtalks
Winter 2022
Parents Empowering Parents

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

Addictions is a family illness

— A Mom & Two Grandma's Journey

We heard about PEP roughly a year ago speaking with someone from Access 24/7. (Access 24/7 provides a range of urgent and non-urgent addiction and mental health services.) We felt that all our lives were spinning out of control, living with son/grandson who deals with drug addiction.

We first noticed a change in his friends, schooling, and personality at about age 13. We focused on his ADHD and depression that he eventually got diagnosed with. We were so focused on his ADHD that we missed how bad his addiction really was.

Over a 7-year period, he would use marijuana, meth and other street drugs and prescribed medication which led to trouble with the law and overdoses that landed him in the hospital multiple times. Today he still struggles with friend/family relationships and drug psychosis, as a result of his addiction.

We feel that PEP has been a life saver. The facilitators make the group feel like a safe space to share what we have been going through without judgement. One of the first things that we have learned from the facilitators is that "Change Begins with Me".

We get so caught up in 'dysfunctional and crazy', we forget about us and the rest of our families. How do we get to peace and feel good? How and what do we change to achieve this? We are learning by using the tools from the facilitator's toolbox, one of which is Boundaries. Little by little, as we share our stories about our week, what strategy/boundary/or other tools we put into practice from what we learn, the knowledgeable feedback and encoura gement from our facilitators, all works together to see results. Even when, at times, we feel we're failing, we are moving forward, little by little none the less. It truly is a learning, experiential journey. We are now able to understand my son's addiction better.

We remember the first several meetings, using the word "hope', "I hope he'll agree to attend a treatment centre.", "I hope he doesn't die.". Our knowledgeable facilitators helped us to look at the word "hope". We were going through the years hoping, while our loved one was still using, struggling, hope-less in addiction, as we somewhat put our own lives on hold. Hence our end-of-meeting statement, "Change Begins with Me".

A great encouragement and witness to the validity of this is our regular MEDD-X attendees who are an amazing testimony of what happens when a person deals with addiction. We are so proud of them. They work hard and their lives change. They do give hope that with a lot of consistent hard work life can be lived without drugs and that means there is hope for our loved ones to do the same.

We are very thankful that we took the first step and attended a meeting at PEP. A valuable lesson we learned was that taking care of ourselves was important to both us and my son. Our first meetings were a lot of tears but eventually we even found some humour and continue to attend the meetings.

Change beings with me (us).

PARENTS EMPOWERING PARENTS

Watch web-site for
NEW Educational Webinars

SAVE THE DATE
Next Webinar is
Monday, January 30, 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

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

MEDD-X Alumni Life's Learning

Hello, my name is Alyson and I was a participant of PEP's MEDD-X program and Edmonton Drug Treatment Court.

As a person in the engineering field, I didn't think I could let my addiction get to the point of getting a drug-trafficking charge, but it did. Now I must live my life with a criminal record, knowing that I won't be able to pursue some of the jobs that would require me to travel abroad. After completing the Drug Treatment program, I've learned a lot about myself and ways to cope when faced with high-stress situations.

Debbie Bridge, our Program Manager at Resource Connect, collaborating with other agencies; navigating our PEP families to more support.

My experience with PEP was incredibly eye-opening. I felt safe and welcomed by the staff and parents who attended. In the beginning of the session, they do a 20-minute education component on all aspects of addiction and recovery. Then they do a go-around where the parents will talk about what is currently happening in their lives.

Seeing how the parents would talk about their loved ones and what they're going through made me realize how much stress and pain I caused with my family.

I wish my parents had access to this program, just so they could have a safe space to talk about what they were going through and have a support system to connect with. I built a good relationship with the parents at PEP and I genuinely cared for them.

The biggest highlight and learning experience of my time at PEP was when I brought up that I wanted my Rosie back but my apartment has a "no pet policy".

One of the parents suggested I ask my property manager if I could bring my pet tarantula in. For the longest time I just assumed they would say no so I didn't bother to ask.

They encouraged me to ask and told me the worst thing they could say is no. So not only did my property manager allow me to bring my tarantula in, but they also let me have a kitty, too! So, I learned to always ask, and I have my PEP family to thank for that.

upcoming events

Webinar

Monday
January 30
7 pm

Check pepsociety.ca for registration link

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.

A Permanent Virtual Group Bi-Weekly

Visit the PEP website for details – pepsociety.ca

NEW 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.

Meet PEP's Board of Director

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Sponsorship Spotlight

Thank you to ATCO EPIC for choosing PEP as their charity to support this year. You truly do represent our community with heart, commitment and your volunteerism.

Together, you are changing lives and providing hope and support for families who have a loved one struggling with addiction.

Local companies supporting local charity

Message of Hope

by Lerena Greig

A message of hope can mean different things to different people.

From a "non-secular" view, or Spiritual, hope comes through faith. This communication may be direct with our God or belief system through prayer or connection with others. There is trust and reliance, which implies faith and dependence, as well as the belief that hope exists and will produce a positive outcome.

What others call "realistic" hope is much more of an active analytical process. It involves an assessment of the future, perseverance, expectancy and an overall look at all the various possibilities and their consequences which can promote the realization of hope and its expectancy.

No matter how you view it, hope is an important ingredient of living and having a fulfilled life. It's an assessment of what can and cannot be changed.

I have hope because everyday I see the families at PEP trying to help a loved one struggling with addiction by reaching out and asking for support and knowledge; in taking care of themselves; their willingness to learn new skills even though they are overwhelmed by what is happening. I believe with a deep commitment to our values and compassion for ourselves and others, we will find ways to maintain hope. If we all find ways to share why we have hope, it can create a foundation we can build upon; supporting one another while maintaining hope.

Sometimes we need help to see things a different way. There may be times when you are challenged with believing there is hope. Reach out; learn and get connected; be supported. Come and be a part of the PEP community, the PEP family. Even in the midst of the challenges you and your family are facing, there is hope..

Lerena Greig
Executive Director

THANK YOU

Thank you to our supporters

Abrasive Blast & Paint Inc.

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Roger and Reit Bland Family Fund

BMO Wealth Management, BMO Nesbitt Burns

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Strathcona County

Sturgeon Valley Baptist Church

Sunrise Community Church

United Way

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Womanition

Also, thank you to our regular monthly donors.

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

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
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Charity Number 843230027RR0001

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

Dec 6, Dec 20, Jan 3, Jan 17, Jan 31, Feb 14, Feb 28

SHERWOOD PARK (in-person and virtual hybrid)
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

Dec 13, Dec 27, Jan 10, Jan 24, Feb 7, Feb 21

ST. ALBERT (in-person)
St. Albert Alliance Church, 200 Villeneuve Road, 7 pm - 9 pm

Dec 8, Dec 22, Jan 5, Jan 19, Feb 2, Feb 16

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

Dec 14, Dec 28, Jan 11, Jan 25, Feb 8, Feb 22

MONDAY U-TURN ongoing virtual bi-weekly
U-turn (youth/young adults at risk) 16-24 every second Monday

Dec 12, Dec 26, Jan 9, Jan 23, Feb 6, Feb 20

NEXT WEBINAR Monday Jan 30
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

For dates confirmed, you can visit:

https://pepsociety.ca/calendar/pep-family-recovery-meeting/ Make sure you have calendar set to "month" view.

Here is the Zoom Link

for all Family Recovery Group and U-turn meetings
https://pepsociety.ca/family-recovery-group-meetings/#

PARENTS EMPOWERING PARENTS

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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