



Summer 2023

Choosing Joy on the Journey

— a parent's message

Where do you begin to write about experiences that have been so hard to endure for so many years? It has been over fifteen years of watching my two sons struggling with alcohol & drug addiction. Like most mothers, I have loved, guided & sacrificed while raising two sons (several years as a single mom). Always doing the best I could. I was unable to see how the divorce with their father would impact them so drastically. Alcohol & marijuana, along with parties became their way of dealing with tough feelings. The fallout from this lifestyle slowly developed into the bondage of addiction.

So many consequences for one son, the other son or both sons at the same time had become a part of my continual story. At times it seemed impossible to try to do life with both adult sons slowly self destructing.

The more I tried to help (fix their problems, give them money or a place to sleep) the easier it was to get sucked into the tornado of such an insidious disease.

Sometimes I would be hopeful when they were working or when one son got married and started a family with four beautiful children. The roller coaster of enjoying grandkids and being a part of their life to the crazy cycle of silence and no contact became all too familiar. Harder drugs and criminal activity seeped into their life and impacted me deeply. Pain became familiar and watching the confusing turmoil my grandkids experienced made some days crushingly bleak.

Emergency visits for alcohol poisoning, DUI charges, impounded vehicles, trouble with police and eventually incarceration for both sons. A haunting walk for the past

few years.

Thankfully, I can say it has not been the end of them or me. Both of my sons are still alive & breathing and so I have hope. It has taken many years of Al-anon and currently PEP support to help me learn I had my own recovery to work on. Finding tools like boundaries, self-care and how to grieve someone who is still living has been crucial. I fully understand that MY life is worth working on and living for me.

The help line has been useful when needing to process a crisis or just shed perspective on a challenge. The webinars on the website have been super informative and I find learning about addiction and MY role as a mother of addicted adult sons so incredibly empowering. The participation

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Family Recovery Meetings

We respect our participants' levels of comfort regarding their personal choice on face coverings and physical distancing.

Tuesday
Bi-Weekly

Sherwood Park
Alberta Room, 2nd floor, 401 Festival Lane

*** Virtual & In-Person**

Tuesday
Bi-Weekly

South Edmonton
Sunrise Community Church, 3303 37 Street

*** In-Person Only**

Thursday
Bi-Weekly

St. Albert
St. Albert Alliance Church, 200 Villeneuve Road

*** In-Person Only**

Wednesday
Bi-Weekly

Virtual Wednesdays will continue
Bi-Weekly on Zoom

*** Virtual Only**

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



Are you and your family concerned? We can help.

Choosing Joy on the Journey

Continued from page 1

of the MEDD-X men and women is extremely helpful. Their sharing has helped me better understand my son's journeys and ways to interact with them differently.

The greatest thing the PEP participants bring to my life is not feeling like I am alone. Hearing other's stories and encouragement while crying and laughing together is my safe place to find healing.

My sons are two amazing, loving, stubborn, hard working and worthy men! I hope and pray their journey includes treatment and sobriety. My life with my husband is joy filled and fulfilling. I work and enjoy hobbies like walking, reading, camping, golf and pickleball. I love serving as a mentor in a women's sober living home. I believe my compassion and empathy for others is greater because of this journey that is my life. As I have learned that I did not cause this, cannot control it, or cure my sons.....I can certainly make changes in my life that will make me healthier.

As the program teaches.... Change begins with me.

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, Alberta Health COVID-19 Community Grant.

Permanent Virtual Wednesdays Group

Visit pepsociety.ca for details

Family Support Line Toll Free 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.

Partnerships...

It Takes a Community

At PEP we value our collaborative partnerships. Here are just a few highlights of our Spring.



Had a great conversation and collaboration with Earl Thiessen, Oxford House Foundation and an opportunity to thank our frontline workers, Constable Kevin Heidt, Downtown Division Beat, for his community heart and help.



Lerena Greig, our Executive Director presenting live at YEG RECONNECT 2023.. check out the live recording at <https://drive.google.com/file/d/1aJdurD04SF1MluOSzeICYo1RHWBbmmeV/view?usp=sharing>

Monday, June 19, 7pm

WELLNESS SPRINGS UP

Family Recovery
with
Addiction

FREE WEBINAR

Watch web-site for
NEW Educational Webinars

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



The truth will set you free

by Lerena Greig

There are many of us who have areas in our life that we hide from or choose to ignore. I admit to struggling with conflict and how to navigate through it that respects both parties' points of view while managing a solution.

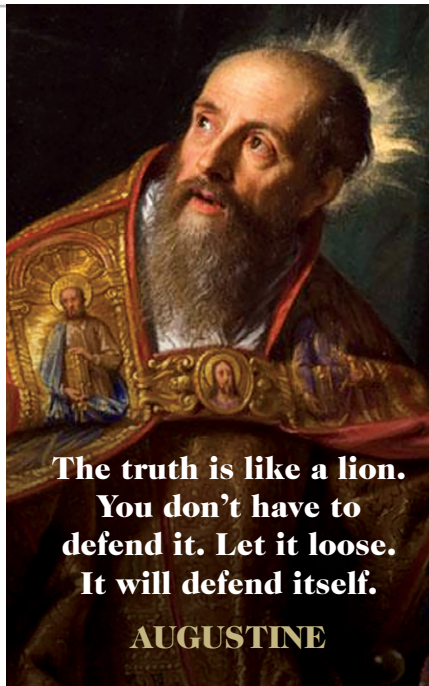
When it comes to those we love and care deeply for, our hearts are burdened with the question, what can I do? How do I help? Our desire is to know what's going on, yet are we also fearful of the truth?

Do we just not see the truth because the truth is hidden from us? Is there just a lack of knowledge and understanding or are we deliberately avoiding it? In the disease of addiction, there is a deception that holds back the truth. To take a step into recovery, we need to break the bondage that the lies have.

At PEP's family recovery groups, we step into truth with knowledge, compassion and support.

You are not alone! The truth will set you free.

Lerena Greig
Executive Director



THANK YOU

*Thank you
to our
supporters*

Abrasive Blast & Paint Inc.
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, Silks
Canadian Progress Club,
St. Albert
Claysmore Pure Ltd.
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Dacro Industries inc.
Edmonton Community
Foundation
Greig Printing & Stationery Ltd.
Halkier + Dutton Design
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The Medicine Shoppe
Pharmacy, Sherwood Park
Minerva Foundation
Realtors Community
Foundation, Edmonton & Area
St. Albert Alliance Church
SITE a Centurion Company
Strathcona County
Sturgeon Valley Baptist Church
Sunrise Community Church
TELUS Edmonton
Community Board
United Way
Volunteer Strathcona
Womanition
Also, thank you to our
regular monthly donors.

Change Can Happen For The Better MEDD-X Alumni

My name is Alana, and PEP is a part of my story. Over five years ago, I was mandated as a part of the Edmonton Drug Treatment Court Program to attend PEP as a MEDD-X. I had heard from other participants how great this program was but was unwilling to see how I played a part in the lives of these suffering families. I was unable to see how my story could help these families understand what their children might be going through or why they are doing the things they are doing. Being mandated, I had no choice, it was PEP or jail. I chose PEP, and was I ever wrong!

In my first meeting of PEP, I sat back and watched vulnerable parents tell their stories, some of hope, but most of heartache and defeat. I left that first meeting feeling sad, not realizing what an impact my substance use/lifestyle had on the people surrounding me. My heart hurt for these families, and I began to see how my story might be able to give a little hope and insight to these struggling families. Throughout the weeks at PEP, I began to build relationships with the parents by hearing them share their stories and having the ability and resilience to share mine. I began to become a part of the PEP family, where not only did I value the people in that room, but they also began to value me.

PEP changed my outlook on the damage I caused families while selling and using substances. It made me realize I wasn't only hurting myself; I was also hurting others. PEP helped me to see that I was helping to enable people to continue using substances. I may have been giving an escape to the user, but there was no escape for the families I was hurting; they were left to struggle. It makes me happy to say I had the chance to support some of those families I had previously wronged by sharing my story and beginning to right my wrongs. I owe a lot to PEP, I believe they are the most unique family recovery programs we have in the area, and as they expand, they will continue to help families and MEDD-X see that change can happen for the better.

UPCOMING EVENTS

WEBINAR – Wellness Springs Up

Monday June 19th, 7pm

ANNUAL GENERAL MEETING

Tuesday October 3, 6pm

2nd floor Alberta Room 401,
Festival Lane Sherwood Park, AB

*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
 \$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 8432300270R0001

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

June 6, June 20, July 4, July 18, Aug 1, Aug 15, Aug 29

SHERWOOD PARK (in-person and virtual hybrid)

Alberta Room, 2nd flr, 401 Festival Lane (Family and Community Services) in-person and virtual (hybrid). 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

June 13, June 27, July 11, July 25, Aug 8, Aug 22

ST. ALBERT (in-person)

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

June 8, June 22, July 6, July 20, Aug 3, Aug 17, Aug 31

VIRTUAL Family Recovery Group Meeting

PERMANENT VIRTUAL WEDNESDAYS (via Zoom) continue bi-weekly

Via Zoom, 7 pm - 9 pm

June 14, June 28, July 12, July 26, Aug 9, Aug 23

MONDAY U-TURN As of May 15th, 2023 U-Turn is no longer available.

We are currently revisiting our youth program based on the needs of our families and the communities we serve. Watch for opportunities to serve our youth in the future with U-Rise..

QUARTERLY WEBINARS Next Webinar Monday June 19, 7pm

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.



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

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