

17 YEARS

PEPtalks

Summer 2021

Parents Empowering Parents

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

Here We Go Again

— a parent's message

It all feels so familiar. Unwantedly so familiar. The difference with now, is that we know what to expect and we know what we need to do. Six years ago when our journey began, we were thrown headfirst into the chaos, fear, lies and manipulation of our daughters addiction. We felt lost and broken.



We started attending PEP meetings regularly through a recommendation from our doctor and slowly began to get our life back. We learned that our daughter's journey was her own and we had to walk our own path to recovery. We slowly began to do the things we enjoyed doing again. We eventually got our lives back. It all felt wonderful. We were able get healthy in spite of her addiction. We continued to enjoy life while holding on to hope for our daughter every single day. At some point along the way, she decided to try recover in her own way and we supported any step in the right direction. We started to work on healing our relationship with her again to rebuild trust together. We saw her start to get her life back and have passion once again. Although she never received any counselling for her trauma, pain and all of the issues that caused her to start using, she held on tight and kept on going. She was white knuckling it but that's the path she chose.

Until recently. Old behaviours started creeping in. She lost her job because of her "anxiety". We started to only hear from her if she needed money. Which was becoming more frequent. The stories were becoming more elaborate. The messages more incoherent. Everything was everyone else's fault. The predictable mood swings. It

would go from hysterically sobbing because her life was falling apart to rage and verbal abuse because we would say "NO" to insincere apologies for her outburst and back around again. In our education of addiction, we were able to know exactly what was coming next. Of course as a parent, even with all of our knowledge, we still held on to the chance that maybe she's just going through something. Maybe we're wrong. Denial. Until the last time that we saw her. There was no mistaking our fears. **HERE WE GO AGAIN.**

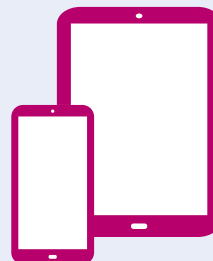
So, where do we go from here? It's all so unwantedly familiar. The difference with this time is that we have the tools we need. I started to feel drawn back into the chaos but this time I was able to recognize it, regroup and rebalance. We are going back to basics but we're on much more solid ground this time. Back to basics means attending PEP meetings regularly again. It means calling the support line when needed. It means remembering how to breathe through it all. Putting one foot in front of the other and being present in the moment. Not getting caught

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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



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

Here We Go Again

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up in the “what ifs”. Reevaluating and reinforcing our boundaries. It’s knowing that no matter what, we’ll be ok. We still worry about her and think about her every day. We still hold on to the hope that one day she will surrender and reach out for the help that she needs. We pray for her to stay safe in the dangerous world of addiction. Through all of this, we always, always love her and miss her like crazy.

People ask us questions like, “What do you think will happen to her?”, “How is she getting money to pay for stuff?”, “Where do you think she is?”, “Do you think she’ll call you?”. They say things like, “How do you do it?”, “Aren’t you worried?”, “I’m so sorry”. The truth is that we don’t have any answers to these questions. We don’t know what tomorrow holds and we probably shouldn’t know the details of how she is surviving. We do know that when she is ready, we are going to be here for her. To walk with her in her recovery. We will provide a safe and healthy space for her to come “home” to. This journey is filled with so many ups and downs. Relapse is a very real part of addiction and recovery. It’s ok to stumble and fall down and then get back up again. This can happen over and over as long as you have the strength to keep going. So you do just that. Each time you get back up, you find that you are stronger than the last time. Find your strength in hope, support and love. You are never failing as long as you keep on trying. We are so blessed to have our PEP family to walk along with us in our journey. This is how we GO AGAIN.

MEDD-X Alumni – the journey of recovery

Roberto’s Story...

So an update as to how life has unfolded for me.... My life has meaning today in so many ways. I’ve been employed with AHS as a peer support worker for 2 years now. At the end of this year, it will also be two years working with PEP’s U-turn (youth at risk) program as a peer support facilitator. I’ve been employed with the Edmonton Drug treatment court program. With all my jobs, all my roles, I’m able to use my lived experience to build meaningful relationships and provide hope with my story. There are so many cool experiences that I’ve been able to have due to the meaningful work I have.

As of January 2021, I’ve been enrolled at MacEwan part-time and I finished my Psych 105 class with an –A. I am currently enrolled in SOCI 224 Deviance and Conformity class. I have been able to experience growth in areas of my life I used to feel completely overwhelmed about. I’ve been able to rebuild trust with AnaBelle’s (my daughter) mom and for the last month have had AnaBelle at my own home under my own care. July 1 I will be moving to a place that is 3 blocks away from AnaBelle. My journey of recovery is taking me to new adventures and accomplishments. I find myself feeling so blessed and I am super grateful to continue to be a part of the PEP family.

**BEING A GOOD
EXAMPLE IS
ONE OF THE
BEST PARTS OF
RECOVERY**

Partnership Spotlight



Parents Empowering Parents (PEP) has been a long standing partner of the Edmonton Drug Treatment Court Service (a program of the Edmonton John Howard Society) and is looking forward to expanding that partnership across Alberta as other communities are opening Drug Treatment

Courts. Drug Treatment Court participants are actively engaged in PEP’s restorative component of their Family Recovery Group. This group provides an avenue to help build a supportive community and provide hope and recovery to families who have been impacted by addiction.

Restorative Justice Works

**Virtual
Meetings
will
continue
until further notice**



For all updates visit
www.pepsociety.ca

Focus on Today

by Lereña Greig

There is a well known saying in the steps of recovery, one day at a time or “for today only”. Yesterday is gone and cannot be changed and tomorrow is not promised yet. There are many teachings out there today on being mindful in the present. Simply, this means you are focused and engaged in the here and now. This can be very difficult when you have a loved one in active addiction and your “present” is emotional pain, fear of outcomes and stress. If this is your reality today, you might understandably wonder how increasing your awareness of these experiences can benefit you. Committing to being focused on today is challenging in turbulent times especially if avoidance tends to be a coping strategy.

When we acknowledge our fears and stress in the moment, we can learn to interrupt these patterns before they trap us into a spiral of distress. At first, it might seem uncomfortable and not quite right. But over time, you will start to recognize that you are focused on the moment and able to cope within that moment based on your new learnings. If you notice your thoughts wandering, gently bring yourself back to the present without judgement or negative self talk.

This is just an example of a teaching that may happen in our Family Recovery Group.

Education can promote health and recovery. Through active engagement and support, those who attend feel heard and empowered.

If you or someone you know has a loved one, friend or colleague struggling with substance use or addiction and is looking for knowledge and support, reach out.

You are not alone, join the PEP family and be empowered today.

Forget the former things, I am doing a new thing. Focus on today.

Lereña Greig

Executive Director

Facilitator Family Recovery Group



Visit with Earl Thiessen, Executive Director of Oxford House; Working together to empower recovery!



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

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Also, thank you to our
regular monthly donors.

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

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

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Charity Number 8432300270R0001

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

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.

June 1, 2, 8, 10, 15, 16, 22, 24, 28 (Webinar), 29, 30

July 6, 8, 13, 14, 20, 22, 26 (Webinar), 27, 28

August 3, 5, 10, 11, 17, 19, 24, 25, 30 (Webinar), 31



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

June 14, 28

July 12, 26

August 9, 23

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/>

Make sure you have calendar set 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/>



www.pepsociety.ca
info@pepsociety.ca

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 fax: 780-449-1220

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