



18 YEARS

# PEPtalks

Summer 2022

## Parents Empowering Parents

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

## Slow-growing Silent Force

— a parent's message

A beautiful heart, a smile so bright, creative, artistic, entrepreneurial spirit and an athlete- this is my son, but this is also my son- a person consumed by sadness, anger and darkness, a slow-growing, silent force wrapped around him tight and suffocating.

His addiction began over months; as anxiety and depression gripped him, he searched for relief from the feelings he couldn't explain. Legalizing marijuana gave a hurting eighteen-year-old easy access to self-medicate, and the slide into despair and a drug lifestyle followed. He was getting high after work, staying up all night, hiding drugs in the house, being irrational, speeding tickets and car accidents, job loss, losing friends and a deteriorating connection with our family soon followed. We were devastated and at

a complete loss as to what to do.

In a panic, I started looking for answers, someone to help us help him, and that's how I found PEP. I admit I was hoping there might be a checklist of things I could do to help him get better, but I soon learned that addiction doesn't work like that. PEP meetings have been a haven for me, where I can be vulnerable and honest about my experience. Having a child with addiction is debilitating; the incredible sense of loss, grief and shame was overwhelming, and at times, I honestly wasn't sure who was sicker- him or me. PEP became a safe space for me to listen and learn from the facilitators and other parents who had a shared experience. The intimate details of every person's story are different, yet the overall themes and feelings are the same.

The Medd-x program is incredible; individuals who have battled addiction and are involved in the court system share their stories of recovery and bring hope to the parents. The words of one of the Medd-x gave me the grace to acknowledge that I cannot change my son's situation.

PEP encouraged me to set boundaries to keep my family safe as it is so easy to normalize the chaos that comes with addiction. Our journey with our son continues; some days are brutal, and other days, it's easier to find hope and believe that he will get better. With the support of PEP, my goal is to be as healthy as I can be so that when he is ready, I can help him. Today I celebrate the little wins, a genuine smile, a pleasant conversation or a text that says, "I love you, Mom." as we continue on this journey.

### 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**

## Provincial Prayer Breakfast



MLA Nate Glubish, Strathcona - Sherwood Park, invited PEP's Executive Director, Lerena Greig, to the Provincial Prayer Breakfast. The event was attended by over 400 Albertans and faith leaders and was an opportunity to support our leaders and our province.

## MEDD-X Alumni tells his PEP story

**H**ello, my name is Rayden and I am a participant of PEP's MEDD-X program and Edmonton Drug Treatment Court.

It was my honour to be a part of the PEP family. I found myself connecting with the parents and the facilitators. I didn't think going to PEP would give me such a gift as it did. You see, I carried my wrongs from my past with me for so long and going to PEP helped me to see behind the scenes of the parents' experience of their children's addiction. I saw the pain they went through and knowing I used to contribute to that pain made me feel even more remorseful.

As the weeks in the program went by, I had a new opinion on the outreach of parents who have to deal with their child's addiction. Knowing those parents did not hold any judgment towards me gave me a new faith in myself. I found I was able to be honest and not have any judgment displayed towards me. In many sessions I talked about the miracle of

recovery and how it saved me at a very young age. I believe my story provided hope and faith that their children will find recovery one day too. With my heart being open to this, I went to PEP and I experienced a new feeling of hope for myself. Due to the support of the parents, that hope will forever be within me. I now understand how addiction affects everyone; not just the child but the family of that child also.

In closing, as I came to the end of the PEP program I feel as if I'm a different person. I see now what I could do for the parents, for myself and my community. With the support from my community influences and PEP, I have decided to pursue a career helping others with addiction, especially young people. Today I am employed with Boyle Street as an outreach worker. I can give back to my community as I gathered the humility of PEP. They gave me the confidence I truly needed to pursue a career in helping people. I am forever grateful for PEP.

*In many sessions I talked about the miracle of recovery and how it saved me at a very young age. I believe my story provided hope and faith that their children will find recovery one day too.*

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](https://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.



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



**SAVE THE DATE:**  
Next Webinar is Monday, June 27, 7 pm  
**BOUNDARIES REVISITED**  
**Strength in Family Recovery**

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

FREE WEBINAR

## Rebuild, Recover, Restore

by Lerena Greig

Summer is approaching, it's 2022 and we have all experienced a pandemic which seems to be ongoing with its challenges. Variants in the Covid 19 virus that keep us wondering what's next and how do we manage this added stressor in our lives. There are layers of impact such as economic, employment, and the ongoing health uncertainties.

There has been loss, unhealthiness, and even hopelessness in the midst of this pandemic. Can we change our focus to "rebuilding" in the midst of it and maybe even the hopeful "coming out of "it"?

When I reflect on the impact of COVID it brings to mind a similarity of what happens within the family who has a loved one in

addiction; loss, unhealthiness, and hopelessness. How do we come out of it? What does "after" pandemic look like, what does "after" I realize my loved one is in the battle of addiction look like? Can we rebuild, do we recover?

Rebuild – to "build" something again after it's been damaged or destroyed. In our Family Recovery Groups, families are empowered towards personal wellness. There is strength in numbers and power in knowledge... We move from chaos to calm, misunderstanding to knowledge and from hopelessness to hope.

We rebuild, we recover and we "come out of it"...

**Lerena Greig**  
Executive Director



## Community Engagement Spotlight

Parents Empowering Parents (PEP) Society presented at the Community Service and Wellness Bureau Training Day to approximately 100 people (60 in person and 40 via virtual platform).

Community Safety & Well-being Bureau is comprised of two Divisions (Integrated Community Safety Division/ICSD & Social Policing Division/SPD) which together house five branches, all of which were represented on May 3rd.

THANK YOU

Thank you to our supporters

- Abrasive Blast & Paint Inc.
- Alberta Government
- Apex Contracting inc.
- 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.
- County Clothes-Line Foundation
- Dacro Industries inc.
- Edmonton Community Foundation
- Greig Printing & Stationery Ltd.
- Halkier + Dutton Design
- Felix & Pat Kuefler Fund
- McCraryRouke Advisory
- 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.

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



## 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

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Gifts by:  Cheque  VISA  Mastercard

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Expiry Date \_\_\_\_\_ Amount \_\_\_\_\_

Security Code \_\_\_\_\_

Signature \_\_\_\_\_

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 7, June 21, July 5, July 19, Aug 2, Aug 16, Aug 30

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

#### ST. ALBERT (in-person)

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

June 9, June 23, July 7, July 21, Aug 4, Aug 18

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

June 1, June 15, June 29, July 13, July 27, Aug 10, Aug 24

#### MONDAY U-TURN ongoing virtual bi-weekly

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

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

#### QUARTERLY WEBINARS Next Webinar Monday June 27

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](mailto: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](http://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.

