



17 YEARS

Winter 2021

# PEPtalks

## Parents Empowering Parents

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

## The Journey is a Winding Road

— a parent's message

I've been on quite the journey since January of 2013. In my thoughts, I had to help my son see the error of his ways, change the trajectory of his life and become the man I knew he could become. The chaos never stopped! My heart never stopped aching! I learned how to manage those thoughts and to bring moments of calm to me and my family through the education provided to me and the support from the Family Recovery Group at PEP. In February of 2015, when my son was 34 years old, his children started to come into his world, my beautiful grandchildren, one girl and one boy. My son had declared that when he became a father that would give his life purpose and

he would change. That gave me hope! It didn't happen right away but there were glimmers of change in the next few years. Last year, 2019-2020, he spent a full year preparing and attending SAIT. I saw his desire and determination to succeed. On his request, I jumped in to help where I was needed. How proud I was of him! It seemed he was on the road to recovery. Then "crash", back to his old ways and into more serious consequences. Through the learnings I received from PEP, I realize that there can be "chronic relapse" within the individual's addiction journey. Since then, we've had very little contact but I hold onto hope and find much joy in my grandchildren.

addiction is a family illness and each part of that family can be empowered to change and take steps into recovery.

About 6 years ago, I decided to participate in PEP's mission and vision and became a Director on the Board. This allowed me to see PEP from a different perspective, how we are supported by our donors, the community, professionals, law enforcement and government. This fall, I stepped down from the Board but PEP will continue to be an important and integral part of my journey.

If you or someone you know is struggling with a loved one's substance use or addiction, please join with others and be educated and supported; join the Family Recovery Group. There are three chapters in the Capital Region of Alberta and surrounding communities and a permanent virtual group that removes barriers of location... You are not alone and together we can empower each other on this winding road.

A few short weeks to go and we will enjoy Christmas and welcome in the New Year. I guess you could say I have evolved. Memories still creep into my thoughts, but I don't let them take over my days and nights. My life is quieter, happier and much more peaceful! I will share the festive season with friends and family. My son may or may not contact me depending on his life and choices, and that's okay.

I opened myself up to the in-person PEP Meetings nine years ago. They were a life saver for me and my family! PEP has taught me tools to let go of my control. Change begins with me. I now know that

On behalf of the Board of Directors, our team and the PEP family

**Merry Christmas & Happy New Year**

Thank you for your continued support.



### 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**



**FREE WEBINAR**

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

**Free Registration**  
Pre-registration required at  
[pepsociety.ca/free-webinars/](https://pepsociety.ca/free-webinars/) or  
by email: [info@pepsociety.ca](mailto:info@pepsociety.ca)



**Parents  
EMPOWERING  
PARENTS**

**You didn't miss out!**  
Previous webinars available for viewing

# MEDD-X Alumni's Story of Hope

**M**y substance abuse disorder consumed my life for more than ten years. I got caught in a pattern of physical, mental, and emotional abuse inflicted on me by me. I always wanted to be known as more than an addict living on the streets. At the time, I was unwilling and unable to stay clean for more than a few days, let alone make it to school every day.

My addiction took me to some pretty ugly and dark places. I hated myself for things I had done, the people I hurt, and making my family sick with worry. Through this, my addiction still thrived; I was unable to stop using. I had tried everything I could, geographical change, change in friends, and even treatment. I knew I had to stop although I didn't know how to. I struggled through my addiction for many years of my life; today, I am proud to say that I have four years of sobriety under my belt.

In 2017 I was accepted into a program called Edmonton Drug Treatment Court that changed my life. During my 18 months in Drug Treatment Court, I learned to become accountable for my life and my decisions. I learned that I was a victim of abuse; that did not define me as a person. As a part of the requirements for EDTC, there were tons of programs I had to attend. I was sent to the PEP program to volunteer as a part of the MEDD-X program.

When I began PEP, I was not thrilled. I figured it would be a snooze fest. Well, was I wrong! When people ask me about the most impactful programs I completed in EDTC, Parents Empowering Parents is always one that jumps to my mind. I think it was the second time I was there that the parents started asking me questions and wanting to hear my story. The parents welcomed me and respected me, which I was not expecting.

One of the things I learned from PEP was the impact my drug dealing lifestyle had on the parents of the people I was selling to. I got to learn about how my parents felt when I was in active addiction, by hearing from the parents and empathizing as they spoke their truth. It made me look at my part in what I was doing and understand why my family acted the way they did towards me.

The program I thought I would hate taught me how to feel emotions in a whole other way. It showed me how I affected the lives of other people. I ended up loving PEP so much and wanting to continue supporting them; I spent a bit of time as a board member continuing to share my experience and knowledge. Unfortunately, life gets busy, so I don't get to do as much anymore.

The PEP family is still there for me when I need them and is always welcoming when I can stop in for a visit. The journey was not an easy one, but today I am here. Present with my family, in school, working, and thriving. Parents Empowering Parents played a huge role in my success and rebuilding my family relationship. Thank you PEP.



Staff member Debbie Bridge co-presented with Executive Director Lerena Greig to C4C Summit participants - United Way



PEP Executive Director and stakeholders meet with Associate Minister Mental Health and Addictions, Mike Ellis

# Giving Back

by Lereña Greig

**W**hat does “giving back” mean to you? Is it volunteering for a cause you are connected to? Is it helping a neighbor during a difficult time? Is it providing needed financial support to a charity? Is it giving back to those who may have helped you during a difficult time?

When you give back, you are able to better the lives of people around you – your loved ones, the people in your community or lives of people across the world.

Recently, one of our Board of Directors, a parent and a volunteer, resigned his position. His reflections were stated this way “PEP was a good experience for me. I met some wonderful people and gained some great insight into the world and life. When you are the head of a medium private corporation you are isolated from real life and real people. You do not grow in ways that are very important. Your compassion and outlook on life get blunted. PEP helped to renew my appreciation and love of the important things in life.”

This is community... giving back and through that, we may come to recognize the important things in life.



Would you consider giving back to a grassroots organization who serves families and individuals in your community struggling with the impact of addiction and mental health? Over the years, it's been your support that allows us to continue to help others - to “give back” to our community, our loved ones, our PEP families.

Thank you for your part in “giving back”

**Lereña Greig**  
Executive Director  
Facilitator Family Recovery Group

## PEP is Alberta-wide

Parents Empowering Parents 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

These meetings continue bi-weekly.  
See website for details



**Give and Save**  
Wrap up the year by giving back!

## Thank you to our supporters

THANK YOU

Abrasive Blast & Paint Inc.  
Apex Contracting inc.  
Roger & 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  
The Strathcona Bugle Strathcona County  
Sturgeon Valley Baptist Church  
Style Lounge Apparel Etc.  
Sunrise Community Church  
TELUS Edmonton Community Board  
Volunteer Strathcona  
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  
 \$500  \$1000  Other: \$ \_\_\_\_\_

Yes, I would like to subscribe to your email notifications

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Gifts by:  Cheque  VISA  Mastercard

Card Number \_\_\_\_\_

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

Charity Number 8432300270R0001

## 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

### Family Recovery Group Meeting

#### SOUTH EDMONTON

Every Second Tuesdays 7-9pm  
Dec 7 / Dec 21 / Jan 4 / Jan 18 /  
Feb 1 / Feb 15 / Mar 1

Sunrise Community Church, 2nd floor,  
3303-37 St.

#### SHERWOOD PARK

Every Second Tuesdays 7-9pm  
Dec 14 / Dec 28 / Jan 11 / Jan 25 /  
Feb 8 / Feb 22

Alberta Room, 2nd floor, 401 Festival Lane, Family and Community Services. Maximum attendance 11 persons due to social distancing

## Virtual

### Family Recovery Group Meeting

#### ST. ALBERT (virtual until further notice)

Every Second Thursdays 7-9pm  
Dec 9 / Dec 23 / Jan 6 / Jan 20 /  
Feb 3 / Feb 17

#### PERMANENT WEDNESDAY BI-WEEKLY MEETINGS (via Zoom)

Every Second Wednesday 7-9pm  
Dec 1 / Dec 15 / Dec 29 / Jan 12 / Jan 26 /  
Feb 9 / Feb 23

#### U-TURN (youth/young adults at risk) 16-24 (virtual until further notice)

Every Second Mondays 7-9pm  
Dec 13 / Dec 27 / Jan 10 / Jan 24 /  
Feb 7 / Feb 21

## Webinars

Last Monday of the Month 7-9pm  
December webinars cancelled / Jan 24 / Feb 28  
Pre-registration required: [pepsociety.ca/free-webinars/](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](https://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. 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 <https://pepsociety.ca/covid-19-notice/>

For dates confirmed, you can also visit <https://pepsociety.ca/calendar/pep-family-recovery-meeting/> Make sure you have calendar set to "month" view.

For upcoming events, go to [www.pepsociety.ca](https://www.pepsociety.ca)



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