

# PEP Talk

In partnership with EIPS Committee of School Councils



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[www.pepsociety.ca](http://www.pepsociety.ca)

**“Family stress from substance use impacts the stability of the home, the family’s unity, mental health, physical health, finances and overall family dynamics” – National Council of Alcoholism and Drug Dependence**

## 4 Cs Of Family Recovery

I (we) didn’t cause it..

Because we may struggle with shame/blame or feel responsible, we believe we should be able to fix “it”. Through knowledge and understanding of substance abuse or addiction, we can come to a place of acceptance. We didn’t cause it by any one person’s presence, behaviours or words.

I (we) can’t control it

This is a hard concept for a parent or family member to accept but the reality is – you have no control over the use or actions of your child. We hope that our values and belief system has a positive impact on our child and yet, we can’t stop their use. Acceptance does not mean agreeing with the choices, it means surrendering control in an uncontrollable situation.

I (we) can’t cure it.

National Institute on Drug Abuse defines addiction as a chronic relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. .. It is considered an illness and it requires its own recovery journey.

I (we) can change... PEP’s mantra is “Change begins with me”..

When we change, our circle of influence can change also.. Our focus should be on self in order to bring health and wellness. Families can change their perspective and offer support in a way that equally values their own self care needs and boundaries.

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County.

We provide free innovative programs for parents/extended family and youth/young adults.

Our groups are professionally facilitated and drop in - no registration required. For more information please visit our web-site [www.pepsociety.ca](http://www.pepsociety.ca) or call our Support Line Days/Evenings Weekends