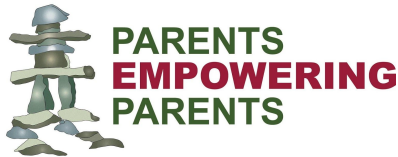


PEP Talk

In partnership with EIPS Committee of School Councils



2nd Floor, 501 Festival Avenue Sherwood Park, AB T8A 4X3
www.pepsociety.ca

A PARENT's STORY – You are not alone!

My kid started smoking quite young and then proceeded to marijuana (cannabis/pot) because weed is the new “beer”. Over the next few years, the drugs escalated to cocaine, heroin and fentanyl. We learned the term “poly user” at a PEP meeting; when your child uses multiple drugs depending on what is available or even affordable. Our teenager was brought home at all hours by loyal and maybe misguided friends and sometimes the police. The personality was altered into irrational, moody, abusive and self-destructive. We set “no drugs” boundaries that were broken regularly; lying, stealing and property damage became a regular occurrence. This all soon led to failing school and lost friends. A number of times we called the police in an attempt to arrest or protect our kid. This is the uncertainty of substance abuse and/or addiction. It steals, kills and destroys our dreams for our kids. We started attending PEP meetings and calling the PEP support line after being referred by a parent who had a “similar” story. The support from the group was instant! We learned a tonne; how to set effective boundaries, the 3 C's and how to better navigate the burdened/broken healthcare and legal systems. The expert facilitators and fellow parents/extended family members provide insight and support as we navigate through the chaos of addiction. We have come a long way from arriving as “mad dad and sad mom”. There are tears shared and surprisingly laughter too. Our adult child is now in recovery and so are we... there is hope!

You are not alone!

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 or call our Support Line Days/Evenings Weekends 780.293.0737