

PEP Talk

In partnership with EIPS Committee of School Councils



2nd Floor, 501 Festival Avenue Sherwood Park, AB T8A 4X3

www.pepsociety.ca

Build Your Support ... It does take a village!

A Support group can be your greatest help..

Although it may be difficult to make the call, the earlier you seek help, the better it may be for you and your child.

Turn to Community and Health Specialists who can guide you and inform you.

SUGGESTIONS FOR YOUR SUPPORT GROUP

1. School counsellors
2. School Liaison Officers
3. Walk in Counselling Services offered at FCS (Strathcona.ca/wellbeing)
4. Family Doctor
5. Local community support group facilitated by professionals trained in addiction counselling, psychology, trauma informed practices and knowledge based.
PEP's family recovery group and U-turn (youth/young adults in active substance use) meets every second Tuesday evening 7 pm – 9 pm) 2nd floor 501 Festival Avenue (Alberta and Quebec room)

SAFE, CONFIDENTIAL, NON-JUDGEMENTAL

You are the expert when it comes to your teen. If something doesn't feel right, it probably isn't. Talk to them – early and openly...

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