

MONTHLY NEWSLETTER



May 2025



Ask me how to get your free music kit for attending the virtual music group!



Free Early Steps Playgroups

► Crestview Early Steps Playgroup

When: 1st Thursday of every month

May 1st at 10:30am

Location: Crestview Library 1445 Commerce Dr.

► Kindermusik Niceville

When: May 8th at 10am

Location: 1605 Partin Dr. Niceville

Yoga By You Studio

► Virtual Music and Play

When: Tuesday's (May 20th and 27th)) at 10am

Location: [Virtual Zoom Room](#)

Meeting ID: 317 668 4962 Passcode: EarlySteps

► Kindermusik Pace

When: May 16th at 10am

Location: 4634 Lori Ln. Pace, FL. 32571

► Social and Sensory Pensacola

When: May 19th at 10:30am-11:30am

Location: 9326 Pensacola Blvd. Pensacola

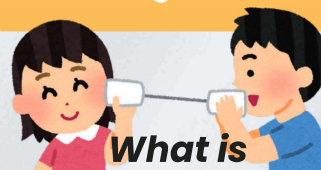
Salute Gymnastics Academy

FIND YOUR LITTLE ONE'S LIBRARY GROUP

[Escambia County](#)

[Santa Rosa County](#)

[Okaloosa County](#) [Walton County](#)



What is EFFECTIVE COMMUNICATION?

As we work through a number of emotional issues, we become more successful in communicating the concerns of our family. Some of these issues might include:

- Acceptance of your child's diagnoses.
- Belief that you can handle your child's needs—because you can!
- Resolution for the anger, resentment, and hostility you might be feeling due to the lack of control.
- Patience with others' lack of information and misinformation about your child's disability.
- Knowledge that others may lack understanding and compassion regarding your child.
- Acceptance that those not living in your shoes on a daily basis do not feel as comfortable or as knowledgeable about it as you.
- Belief that innocent questions from others are not meant to hurt you or your child.



FAMILY RESOURCE SPECIALIST (HERE FOR YOU)

I too had a child that went through the Early Steps program and I am here to help you find resources, activities, connections and support.

Reach Out via text, email or call. Ashley.Murray2@ascension.org
c. 850-377-9058

Ashley Murray

CONNECTIONS & SUPPORT



You don't have to "goat" it alone.

Amora's Mission Down Syndrome 850-287-6773
amorasmission321@gmail.com

Autism Pensacola 850-434-7171 info@autismpensacola.org

Autism Spectrum Resources Walton, Okaloosa, Santa Rosa and Escambia

Emerald Coast Exceptional Families 850-396-1008
admin@emeraldcoastexceptionalfamilies.org

Epilepsy Support 850-433-1395

Genes of Joy Down Syndrome Support 850-377-0018
genesofjoy@gmail.com

Grandparents Raising Grandchildren & other Relatives 850-432-1475 x. 175

Mended Little Hearts Congenital Heart Defects
888-432-7899 info@mendedhearts.org

Preemies of Pensacola

Rockin the 21st Down Syndrome Resource

Mental Health and Wellness

It's ok to ask for help.

- **Florida Family Health Hotline** for family & mental health help relating to pregnancy, breastfeeding, new baby, etc. 800-451-2229
- **Healthy Start for Stress Management**
- **988 Florida Lifeline** or dial 988 to speak with a counselor free of charge.