

I have served with the Early Steps Program for twenty seven years as a Family Resource Specialist (FRS). I know the importance of family involvement in the development and care of your child because I have experienced the joys and concerns that go with caring for a child with special needs. I am here to provide you with information and opportunities to access and use services within the community to support your child's early interventions. I can also provide you with community resources, support groups, steps for transition to Pre-K and assist with understanding Early Steps services.

Please email or call me. I am here for you!

Irma Cofield, Family Resource Specialist Phone: 850-416-6789 or My google phone number is 1-985-259-6780

Best to Email: icofield@ascension.org Serving: Escambia, Santa Rosa, Okaloosa and Walton Counties.

AUGUST NEWS...

During the Covid-19 crisis, we at Early Steps are working remotely from home and remain available to you by phone and email. We continue in our commitment to provide family friendly services to the best of our abilities. Currently, our Early Steps providers also continue meeting the needs of children and families using telehealth services to provide therapy and early intervention.

FIND US ON FACEBOOK @ *Early Steps Western Panhandle &*
WEBSITE is <http://earlystepsatsacredheart.org/>

Upcoming Opportunities via computer until Early Steps activities can resume.

KINDERMUSIK PLAYGROUPS: Augudy 7th & 21st @ 9:30-10:15 am

Join a virtual Kindermusik class from the safety and comfort of home! This class will promote language, motor, and social skills through parent-child activities that are led by Sarah Lalic, occupational therapist and Kindermusik educator. We will meet via Zoom every other Friday in July at 9:30 a.m.

You must RSVP to Irma Cofield by 4:00 pm on Thursday prior to receive the meeting link and password.

PARENT CHAT SESSIONS:

The Early Steps, Empowerment Resource Center is hosting a Zoom Meeting with the Pensacola Exceptional Parent Connection (PEPC). This is a groups of parents currenting in Early Steps or graduates of Early Steps. Topic: Open Discussion for support and resources...*Stay tuned for Topics of Interest for Presentations!*

Dates and Times:

Every other Wednesday morning, August 12th & 26th @ 9:00-10:00 am

Click <https://us04web.zoom.us/j/5269218910?pwd=ZVcxOElS SXBrUzVtSVB6VINQcXh4Zz09> to join a scheduled Zoom meeting

And every other Thursday evening, August 6th & 20th @ 7:00-8:00 pm

Click <https://us04web.zoom.us/j/5269218910?pwd=ZVcxOElS SXBrUzVtSVB6VINQcXh4Zz09> to join a scheduled Zoom meeting

SPECIAL EVENING PRESENTATION: Infant/Toddler Yoga August 6th @ 7:00 pm Rena' Kersey has practiced as a Pediatric Occupational Therapist for 38 years with all ages of children. She is a Certified Kids Yoga Teacher with a Kidding Around Yoga Style. Rena' is passionate about helping and inspiring children and their families to spend healthy and happy quality time together to strengthen their family bond.

Family/Kids Yoga & Self Expressions offers great benefits: enhances breathing, strength, flexibility, balance, coordination, cardio, alignment, focus, concentration and visualization. Children love learning through play to become more mindful. It allows everyone to build stamina and self-confidence to connect with their inner wisdom and peace of mind.

Other therapeutic benefits include: helping children reduce stress and develop relaxation strategies, reduce anxiety, sleep better, increase neuromuscular development, improve self-esteem and positive body image, and boost the immune system to be healthy as can be!



Support Connections

Escambia & Santa Rosa Counties



Autism Pensacola Inc.: 850-434-7171 Website: www.autismpensacola.org Email: info@autismpensacola.org

Emerald Coast Exceptional Families: 850-396-1008 ECExceptionalFamilies@gmail.com or <https://www.emeraldcoastexceptionalfamilies.org/>

Empowerment Parent Resource Center: 850-444-8554 Website: www.EPRCNWFL.com
Facebook at Empowerment Parent Resource Center

Epilepsy Support: 850-433-1395 Website: www.epilepsyfl.org

Genes of Joy: Parents of children with Down Syndrome, Christi 850-377-0018, Katie 850-375-0800 or genesofjoy@gmail.com; website: <https://www.genesofjoy.org/>

Mended Little Hearts / Hearts of Hope: Parents of children with heart conditions: Heather mendedlittleheartsofpensacola@gmail.com or (850) 972-8160.

Pediatric Stroke Warriors of Pensacola: Rebecca Scherer 352-572-9018 or rebeccascherer84@gmail.com for meetings and Facebook.

Pensacola Exceptional Parents Connection: Parents of Children with various exceptionalities: including Down Syndrome, Cerebral Palsy, Autism, Spina Bifida and intellectual and developmental disabilities. Angela abeddy01@gmail.com or 384-7330 or Amy amyimaxwell@att.net or 393-8808

Pensacola Grandparents Raising Grandchildren and other Relatives: Call 850-432-1475 ext.175 to confirm meeting date & location, child care provided, Reservations requested!

Pensacola Parents of Multiples: Parents of twins, triplets and multiple births: PensacolaParentsofMultiples@hotmail.com or 850-384-1231 Find on Facebook too.

Preemies of Pensacola on Facebook: [Facebook.com/Groups/PreemiesOfPensacola](https://www.facebook.com/Groups/PreemiesOfPensacola) To connect with other families from the NICU at Children's Hospital-Sacred Heart

Star Fish Project: Serving various families for support. Katreena Foster @ 850-204-8030 www.thestarfishprojectnwfl.org

Okaloosa & Walton Counties

Emerald Coast Exceptional Families: 850-396-1008 ECExceptionalFamilies@gmail.com or <https://www.emeraldcoastexceptionalfamilies.org/>

Empowerment Parent Resource Center: 850-444-8554 Website: www.projectempowernwfl.org
Facebook at Empowerment Parent Resource Center

Epilepsy Parent Support Group: 850-433-1395 Website: www.epilepsyfl.org

EPIC- Exceptional Parents Incredible Children, Inc.: 229-854-1180 rand.fernandez@gmail.com
Website: <https://clicktime.symantec.com/3VqHLUkWc1zwCVozLcH5gwU7Vc?u=www.epicnwfl.org>

Rockin' the 21: Down Syndrome support connection on Facebook ; Jean Mitchell (850)582-0313 jmmitche75@gmail.com, Emily Lamberson emily.lamberson@gmail.com

Star Fish Project: Serving various families for support. Katreena Foster @ 850-204-8030 www.thestarfishprojectnwfl.org

If you are unable to connect with a group contact me, Irma, Family Resource Specialist, for assistance by calling 850-416-6789 or emailing icofield@ascension.org