

I am here for you!

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 children. 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.

Serving: Escambia, Santa Rosa, Okaloosa and Walton Counties.
Please email to RSVP for activities!

icofield@ascension.org

My google phone number is 1-985-259-6780 **Irma Cofield, Family Resource Specialist**



Our Kindermusik Playgroups and Parent Chats Sessions will remain virtual group until otherwise decided by Sacred Heart and the Early Steps State Office.

Early Steps Western Panhandle

Join in the fun for our Playgroups & Parent Chat Sessions...

KINDERMUSIK PLAYGROUPS: Monday, November 9th & 30th @ 9:30 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. **You must RSVP to Irma Cofield to receive the meeting link and password to enter the Kindermusik playgroup!**

TRANSITION TO PRE-K Presentation: Thursday, November 19th @ 10:00-10:45 am;

Presenter Marlene McCulley, ESE Social Worker with Escambia County. Zoom Link below...Please do not click on the link before 10:00 am! Please RSVP for your place and to receive the handouts for the presentation.

Get step by step instructions for the Exceptional Student Education (ESE) Pre-K enrollment process. This is for parents that have children who are two and half years old that will be transitioning to Pre-K. There will be a time for your questions and answers about the transition from Early Steps to Pre-K (Esc. Co. Only)

<https://us04web.zoom.us/j/5269218910?pwd=ZVcxOGIsSXBrUzVtSVB6VINQcXh4Zz09>

PARENT CHAT SESSIONS: Thursday evening, November 5th & 19th @ 7:00 pm

This is a great time of parent to parent connection and information sharing! The Early Steps, the Empowerment Parent Resource Center is hosting Zoom Meetings with Pensacola Exceptional Parent Connection (PEPC). This is a group of parents currenting in Early Steps and graduates of Early Steps.

Join Zoom Meeting

<https://zoom.us/j/97465999243?pwd=aFlyTi91dCtzQ0puV3NFdUIKc1EwUT09>

November 5th: Special Speaker Michelle Tetschner, *Parent, Advocate & Author "Fully Included-Stories to Inspire Inclusion"* See information on page two for more details about this opportunity.

November 19th: Chat Session for support and sharing various information. Join in to get empowered with information and meet other parents.



PARENT CHAT SESSION for November 5th



Let's talk Inclusion! All ages – all exceptionalities – all places!

Join us on Thursday, November 5th, 2020 at 7 pm CENTRAL as we welcome **special guest, Michelle Tetschner**, the author of “Fully Included-Stories to Inspire Inclusion” on ZOOM at the below link.

“Inclusion is about belonging. We all just want to belong-in our schools, our neighborhoods, and in our communities. People with Down syndrome and/or other learning abilities are the same-they just want to be loved, feel successful, have friends and a place to belong.” ~Michelle Tetschner ~ the author of Fully Included-Stories to Inspire Inclusion

Michelle was inspired to collect stories about inclusion in order to show the world how important inclusion truly is, how it can be successfully implemented and how it is totally worth it!

The Early Steps, Empowerment Parent Resource Center (EPRC) and Pensacola Exceptional Parents Connection (PEPC) groups have partnered to continue meeting virtually this year and want to connect with you. Come grow with us!

Join Zoom Meeting

<https://zoom.us/j/97465999243?pwd=aFlyTi91dCtzQ0puV3NFdUIKc1EwUT09>

Meeting ID: 974 6599 9243

Passcode: 850

Inclusion.

WHAT is it? (versus other terms) *HINT: It's not all or nothing!*

In what area? Family and Social Life, Community, School, Extracurricular Activities, Play, or Work.

Target audience: Parents (and related/interested service providers) of any age group can benefit from (and contribute to) this discussion, whether you're navigating babies, toddlers, elementary, school agers, and beyond.

“Alone we can do so little; together we can do so much.”

Helen Keller



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 of Pensacola: On Facebook Parents of children with heart conditions:
Ashley Baxley AshleyBaxley@mendedlittlehearts.us

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

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 jmmitch75@gmail.com, Emily Lamberson emily.lamberson@gmail.com

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

