

**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](mailto: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, December 14th @ 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 by noon on Dec. 10th! (I will be out of the office Thursday afternoon and Friday.)**

**PARENT CHAT SESSIONS: Thursday evening, December 3rd & 17th @ 7:00 pm**

Join in Dec. 3rd for special speaker Stephanie Love with Step Up for Students; she will be sharing information about the Gardiner Scholarship for Pre-K.

This is also 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 currently in Early Steps and graduates of Early Steps.

Join Zoom Meeting Click the below link...please do not click on before 7:00 pm!

<https://us04web.zoom.us/j/5269218910?pwd=ZVcxOGLsSXBrUzVtSVB6VINQcXh4Zz09>

Password...if needed 5223

**Merry Christmas!!!**





# Support Connections



## Escambia & Santa Rosa Counties

**Autism Pensacola Inc.:** 850-434-7171 Website: [www.autismpensacola.org](http://www.autismpensacola.org) Email: [info@autismpensacola.org](mailto:info@autismpensacola.org)

**Emerald Coast Exceptional Families:** 850-396-1008 [ECExceptionalFamilies@gmail.com](mailto:ECExceptionalFamilies@gmail.com) or <https://www.emeraldcoastexceptionalfamilies.org/>

**Empowerment Parent Resource Center:** 850-444-8554 Website: [www.EPRCNWFL.com](http://www.EPRCNWFL.com)  
Facebook at Empowerment Parent Resource Center

**Epilepsy Support:** 850-433-1395 Website: [www.epilepsyfl.org](http://www.epilepsyfl.org)

**Genes of Joy:** Parents of children with Down Syndrome, Christi 850-377-0018, Katie 850-375-0800 or [genesofjoy@gmail.com](mailto: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](mailto:AshleyBaxley@mendedlittlehearts.us)

**Pediatric Stroke Warriors of Pensacola:** Rebecca Scherer 352-572-9018 or [rebeccascherer84@gmail.com](mailto: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](mailto:abeddy01@gmail.com) or 384-7330 or Amy [amyimaxwell@att.net](mailto: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](mailto: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](mailto:ECExceptionalFamilies@gmail.com) or <https://www.emeraldcoastexceptionalfamilies.org/>

**Empowerment Parent Resource Center:** 850-444-8554 Website: [www.projectempowernwfl.org](http://www.projectempowernwfl.org)  
Facebook at Empowerment Parent Resource Center

**Epilepsy Parent Support Group:** 850-433-1395 Website: [www.epilepsyfl.org](http://www.epilepsyfl.org)

**EPIC- Exceptional Parents Incredible Children, Inc.:** 229-854-1180 [rand.fernandez@gmail.com](mailto: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](mailto:jmmitch75@gmail.com), Emily Lamberson [emily.lamberson@gmail.com](mailto: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](mailto:icofield@ascension.org)*

