

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, January 11th & 25th @ 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!**

PARENT CHAT SESSIONS: Thursday evening, January 7th & 21st @ 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://clicktime.symantec.com/3Q5Ti9jz5wzgzBSCe8cGtov7Vc?u=https%3A%2F%2Fzoom.us%2Fj%2F97465999243%3Fpwd%3DaFlyTi91dCtzQ0puV3NFdUIKc1EwUT09>

Meeting ID: 974 6599 9243

Passcode: 850

January 7th: Chat Session for support and sharing various information. Join in to get empowered with information and meet other parents.

January 21st: Special Speaker- Jennifer Findley, BCBA

How to Approach Challenging Behavior - Do you face challenging behavior on a daily basis or find yourself walking on eggshells to try to avoid triggering difficult behavior? This presentation will include behavioral tips and tricks for caregivers that, when used consistently, may help reduce challenging behavior and improve overall outcomes for the family. The presentation is being provided by Jennifer Findley who has her Masters in Clinical Social Work and is Board Certified Behavior Analyst and Training Coordinator at the Sacred Heart Autism Center.



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

