

I am here for you,
as your Family Resource
Specialist (FRS).

I have served twenty eight
years with Early Steps, and
understand the importance of
family involvement with early
intervention services.
I have experienced the joy and
concerns that go with caring
for my child with special needs,
and am here to provide you
with community resources,
support connections, and steps
for transition to Pre-K

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, May 10th & 24th @ 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 the Thursday before the playgroup to
receive the meeting link and password to enter the
Kindermusik playgroup.**

**PARENT CHAT & LEARNING SESSIONS: Thursday evening, May 6th &
20th @ 7:00 pm**

This is a great time of parent to parent connection and information sharing!
The Early Steps, Empowerment Parent Resource Center (EPRC) and
Pensacola Exceptional Parent Connection (PEPC). This is a group of parents
who have a child in Early Steps or graduated.

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

**May 6th @ 7:00 pm: SPECIAL EVENING PRESENTATION: This is going to be a fun
filled presentation...**

Wendy Meredith, Nutrition Educator with the Expanded Food and Nutrition
Education Program (EFNEP) for the UF/IFAS Extension Escambia County.
Join in to get some healthy and nutritional ideas for this summer. Learn how to Buy
Better, Eat Better and Move Better. A healthy family grows a healthy child. This also
contribute to better developmental growth for your child/children and a healthy family.

May 20th @ 7:00 pm: Parent Chat Session for support and sharing various
information. Join in to get empowered with information and meet other parents.

Look what is new to view our
Early Steps web-page!



SCAN ME

Extra Extra - Read all about it...

Transition to Pre-K Wednesday, May 12th at 10:00am

Come to receive step by step instructions for the Exceptional Student Education (ESE) Pre-K and the enrollment process. This workshop is great for parents of children that are getting ready for the Pre-K transition into the school system. There will be a time for your questions and answers about the process from Early Steps to Pre-K. Presented by

Marlene McCulley - ESE Social Worker

Escambia County only...

May 12, 2021 10:00 AM Central Time (US and Canada)

Join Zoom Meeting by clicking on the link...

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9QUVdVdkkvbk1Jdz09>

Meeting ID: 317 668 4962

Passcode: EarlySteps



“Making the Most of Your Early Steps Journey”

Why do I need Early Steps?

What to Expect? Where do I start?

Our Welcome to Early Step on May 19th at 10:30 am

To confirm your place please RSVP to Irma at icofield@ascension.org



- Overview of Early Steps services
- Meet your Family Resource Specialist
- Get Empowered with Information/Resources
 - Connect with other Parents

Join Zoom Meeting

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9QUVdVdkkvbk1Jdz09>

Meeting ID: 317 668 4962

Passcode: EarlySteps

This opportunity is for “new parents or anyone” who would like to get empowered with information about Early Steps services.

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

