

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](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, 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%2Fzoo.m.us%2Fj%2F97465999243%3Fpwd%3DaFlyTi91dCtzQ0puV3NFdUIKc1EwUT09>

Meeting ID: 974 6599 9243

Passcode: 850

**May 6th @ 7:00 pm: Nutrition Educator with the Expanded Food and Nutrition Education Program (EFNEP):** Wendy Meredith with 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: Infant & Child Yoga:** Special speaker, Rena' Kersey has practiced as a Pediatric Occupational Therapist for 39 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!

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



# 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](mailto:icofield@ascension.org)



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

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

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# 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)*

