

**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 I'm 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)

**# 850-377-9991**

**Irma Cofield,  
Family Resource  
Specialist**



**Our Kindermusik Playgroups, Parent Workshops & Chat Sessions will remain virtual group until otherwise decided by Sacred Heart and the Early Steps State Office.**



**Early Steps Western Panhandle**



**From the Desk of your Family Resource Specialist...**

***After the hot and rainy summer; we welcome the fall season!  
I hope you and your child will join in our fall activities...***

**Playgroups & Parent Workshop & Chat Sessions...**

**KINDERMUSIK PLAYGROUPS: Monday, October 4th & 18th @ 9:30 am**

Join a virtual Kindermusik playgroup 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 by the Thursday before the playgroup to receive the meeting link and password to enter the Kindermusik playgroup on Monday.**

**PARENT/CHILD WORKSHOP: Meeting Milestones Using Physical Play:**

Coming November 18th... Join a virtual parent workshop from your home! The class will promote meeting movement, speech, and social milestones using parent-child physical play activities. Led by Ginny Cruz, a physical therapist and early intervention specialist. Special emphasis on how to use common household items, such as a laundry basket to boost your baby's skills. Join in next month...this will make learning fun! Zoom Link Below.

**PARENT CHAT SESSIONS: Thursday evening, October 7th & 21st @ 7:00 pm:**

This is a great time of parent to parent connection and information sharing! The Early Steps and Pensacola Exceptional Parent Connection (PEPC). This is an empowering group of parents who have a child in Early Steps or graduated. We hope you will join in.....

Below is the meeting link for both the Parent/Child Workshop & Chat Session.

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

Meeting ID: 317 668 4962  
Passcode: EarlySteps

View Early Steps web-page for more information and resources. [earlystepsatsacredheart.org](http://earlystepsatsacredheart.org) →



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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/>

**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 [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 Sacred Heart Children's Hospital

## Okaloosa & Walton Counties

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

**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 [jmmitche75@gmail.com](mailto:jmmitche75@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) or 850-377-9991***

