

**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

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



Playgroups, Parent Workshops & Chat Sessions...

KINDERMUSIK PLAYGROUPS: Monday, January 10th & 24th @ 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.

PARENT WORKSHOP: Meeting Milestones Using Physical Play:

Thursday, January 20th @ 9:30am; 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. This will make learning fun!

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

Meeting ID: 317 668 4962 Passcode: EarlySteps

PARENT WORKSHOP: Infant/Child Family Yoga; Thursday, January 27th

@ 7:00pm; Presenter Rena Kersey has practiced as a Pediatric Occupational Therapist for 39 years. She is also a Certified Kid Yoga Teacher. Join in to learn the great benefits for your child to enhances breathing, strength, flexibility, balance, coordination, cardio, alignment, focus, concentration and visualization. Other therapeutic benefits include: helping children reduce stress and develop relaxation strategies, reduce anxiety, sleep better, increase neuromuscular development and boost immune system to be as healthy as can be!

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

Meeting ID: 317 668 4962 Passcode: EarlySteps

PARENT CHAT SESSIONS: Thursday evening, January 13th @ 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 workshops and parent chat sessions.

<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



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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/>

Epilepsy Support: 850-433-1395 Website: www.epilepsyfl.org

Genes of Joy: Parents of children with Down Syndrome, Christi 850-377-0018 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 Sacred Heart Children's Hospital

Okaloosa & Walton Counties

Emerald Coast Exceptional Families: 850-396-1008 ECExceptionalFamilies@gmail.com or <https://www.emeraldcoastexceptionalfamilies.org/>

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 jmmitche75@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 or 850-377-9991

