

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



**Playgroups, Parent Workshops & Chat Session...**

**KINDERMUSIK PLAYGROUPS: Monday, April 11th & 25th @ 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: Seeing My Child Through a Sensory Lens:**

**Wednesday, April 13th @ 9:30am**

Join a virtual parent workshop from your home! The class will promote understanding sensory processing and sensory processing disorder, calming strategies for in home, simple environmental modifications, and resources. Led by Candice L. Babjak, OTR/L, an Occupational Therapist and Early Intervention specialist.

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9OUVdVdkkybk1Jdz09>  
Meeting ID: 317 668 4962 Passcode: EarlySteps

**PARENT CHAT SESSIONS: Thursday evening, April 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...

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9OUVdVdkkybk1Jdz09>  
Meeting ID: 317 668 4962 Passcode: EarlySteps

View Early Steps web-page for more information and resources.

[Earlystepsatsacredheart.org](http://Earlystepsatsacredheart.org) →



SCAN ME

**Community Opportunities that you may be interested in...these are not Early Steps events.**

**Escambia County:** <https://mywfp.com/visit/children>

**Santa Rosa County:** Toddler Time <https://www.santarosa.fl.gov/629/Toddler-Time>

Toddler Time is a program for children ages 18 to 36 months who attend with a caregiver. One child and one adult register together for songs, stories, rhymes, and other fun activities. These interactions will be one-on-one; therefore, each child must attend with a separate caregiver. You will also be given ideas to use at home which reinforce the theme for the day. This 20-minute program lasts 6 weeks.

**Toddler Time requires registration; space is limited. It is not a drop-in program.** Details are available at the participating libraries.

**Okaloosa/Walton County:** Crestview- Story-time every Tuesday 10:00 am Destin - Sing songs and read stories every Thursday 9:30 am.! This program is a lap-sit style story time for parents and children ages 0-4. Story time remains virtual at this time. <https://fun4emeraldcoastkids.com/Programs-Classes/Story-Times/>



# Support Connections



## Escambia & Santa Rosa Counties

**Amora's Mission:** Down Syndrome support & resources on Facebook: Stephanie McArthur 850-287-6773 ,[amorasmission321@gmail.com](mailto:amorasmission321@gmail.com) or Amora's Mission on Facebook

**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 [amylmaxwell@att.net](mailto:amylmaxwell@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 [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) or 850-377-9991*

