

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

I have served twenty nine 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 Session 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, June 13th & 27th @ 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 session.**

PARENT WORKSHOP: Summer Safety-Travel Tips: Tuesday, June 7th @ 9:30 am: Planning a summer vacation? Is your child traveling safely?

The answer may be more complicated than you think. Join this virtual presentation for questions and answers session to make sure your child/children is safe and secure for fun in the sun! Presenter Ginny Hinton, Certified Safe Kids Technician

PARENT WORKSHOP: Getting Ready for Pre-K...Join in the IFSP - Individual Family Support Plan to the IEP - Individualized Education Plan for Pre-K services: Wednesday, June 15 @ 9:30am;

You will learn what are some of the differences you can expect when your child transitions from an Early Steps Individual Family Support Plan (IFSP) to the school system's Individualized Education Plan (IEP). Get tips on how you can prepare, as well as some resources and strategies for you as a parent. Facilitated by Ginger Manley, POPIN parent Trainer, military EFMP case liaison and mom of two amazing boys with special needs.

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpv ekFndU9QUVdVdkkvbk1Jdz09>
Meeting ID: 317 668 4962 Passcode: EarlySteps

PARENT CHAT SESSIONS: Thursday evening, June 16th @ 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). Also it's an empowering group of parents who have a child in Early Steps or graduated. We hope you will join in...

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Meeting ID: 317 668 4962 Passcode: EarlySteps

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



SCAN ME

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

