

**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, July 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 session.**

PARENT FUN-WORKSHOPS:

Cooking Matters at Home: Kids in the Kitchen: Thursday, July 7th @ 10:00 am.

Join in our virtual class that will take you through a recipe with age-appropriate task that little ones can engage in. We will learn safe tasks for all ages in the kitchen as well as share ideas for preparing snacks with child friendly steps.

Presenter JoLynn Peoples with UF/IFAS Extension Family Nutrition Program.
Join Zoom Meeting

<https://ufl.zoom.us/j/7579828364?pwd=emZCR2plOWZlY1RlN3lwbjZqUUUqZz09>

The link and password for this class is **nutrition**.

Summer Time Nutrition: Thursday, July 21st @ 7:00 pm.

The temperature is hot...so join in to learn the importance to hydrate appropriately. Do you want to talk and learn about nutritional drinks? This will show you how to choose and make low-cost beverages with less sugar.

Presenter JoLynn Peoples with UF/IFAS Extension Family Nutrition Program.

<https://ufl.zoom.us/j/96766442743?pwd=ZURrS2dEUUZyOEQ1K0hEOE9lY1duZz09>

The zoom link and password for this class is **Drink**.

PARENT CHAT SESSIONS: Thursday evening, July 21st about 7:30ish

after the Summer Time Nutrition presentation; there will be a time to chat!

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 from our services. We hope you will join in.

<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



SCAN ME

Support Connections



Escambia & Santa Rosa Counties

Amora's Mission: Our mission is to ensure no family feels alone following a diagnosis of a child with Down Syndrome: Stephanie 850-287-6773 amorasmission321@gmail.com

Autism Pensacola Inc.: 850-434-7171 Website: www.autismpensacola.org Email: info@autismpensacola.org

Emerald Coast Exceptional Families: 850-396-1008 or admin@emeraldcoastexceptionalfamilies.org
<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 or admin@emeraldcoastexceptionalfamilies.org
<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*

