

**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](mailto:icofield@ascension.org)

**850-377-9991**

**Irma Cofield,  
Family Resource  
Specialist**



**Early Steps Western Panhandle**



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

***Stay tuned...As we are approaching the Fall season; I am attempting to schedule more in person activities.***

***You are welcome to give any suggestions!!!***

**CRESTVIEW LIBRARY STORY-TIME: Thursday, October 6th @ 10:15am**  
**1445 Commerce Dr., Crestview.** Led by Heather, Child Librarian  
***Children learn from listening and active play through stories.***

Doors open at 10:00 for social time then the playgroup begins at 10:15am. This story time is designed for you and your child to engage in story, music and movement.

**MUSIC & MOVEMENT PLAYGROUPS: Monday, October 10th & 24th @ 9:30 am.** Join our virtual musical playgroup from the comfort of home! This class will encourage your child's development with the support of music and movement. Parent and child activities are led by Felisha Carnley, ESE Educator and Mom of Georgia Rose.

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9QUVdVdkkvbk1Jdz09>  
Meeting ID: 317 668 4962 Passcode: EarlySteps

**PARENT WORKSHOP: Kitchen Chemistry Workshop: Wednesday, October 19th @ 6:00-8:00 pm.** ARC of the Emerald Coast—Early Intervention Ctr. 341 Holmes Blvd. NW, FWB: ***You must RSVP for your place due to limited space.*** Put on an apron and prepare to get messy! Join us for a hands-on, fun evening of sensory experiences/kitchen crafts you can do with your kiddos. Want to try making play dough? What about making Oobleck? Feel what your child does when they get a toy car out of jello. We'll have all the ingredients – all you need to do is show up! You'll get to take home what you make, and all the recipes. We'll also share "one-step" activities such as pudding play. These activities incorporate language and cognitive development, motor skills, and sensory experiences. If your child doesn't like to touch pudding or finger paint, we'll share ways of adapting the activity so they can still participate without touching it. ***Join in...it's going to be Fun!***

Presented Tracy Sherman, PhD, CCC-SLP & Debbie Diemand, ITDS

**PARENT CHAT SESSIONS: Thursday evening, October 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). 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](http://earlystepsatsacredheart.org)

# 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](mailto:amorasmission321@gmail.com)

**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 or [admin@emeraldcoastexceptionalfamilies.org](mailto:admin@emeraldcoastexceptionalfamilies.org)  
<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 or [admin@emeraldcoastexceptionalfamilies.org](mailto:admin@emeraldcoastexceptionalfamilies.org)  
<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*

