

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**



Early Steps Western Panhandle



Playgroups, Parent Workshops & Chat Session *Stay tuned for Activities each month!*

CRESTVIEW LIBRARY STORY-TIME: Thursday, December 1st @ 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.

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9QUVdVdkkybk1Jdz09>

Meeting ID: 317 668 4962 Passcode: EarlySteps

MUSIC & MOVEMENT PLAYGROUPS: Monday, December 5th @ 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=OG4reGpvekFndU9QUVdVdkkybk1Jdz09>

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PARENT CHAT SESSIONS: Thursday evening, December 15th @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.

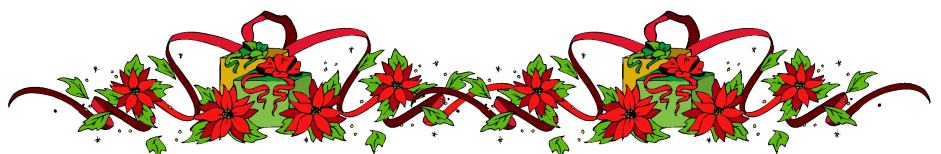
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Merry Christmas from Early Steps

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

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

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 850-384-7330 or Amy amyimaxwell@att.net 850-393-8808

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***

