

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 & Chat Session

Join in the Fun....

CRESTVIEW LIBRARY STORY-TIME: will return in April...stay tuned to further notice. There are other public Story-times that are offered that you may be interested in at Crestview Library.

It is best to pre-register online at the website below to ensure your place.

<https://okaloosa.librarycalendar.com/events/upcoming>

'NEW' on Tuesday MUSIC & MOVEMENT PLAYGROUPS:

Monday, February 13th & Tuesday the 21st @ 10:00 am.

Join our virtual musical playgroup from the comfort of home! Led by Elizabeth "Lizzy" Johnson, Instructor. This is a time for parent and child interaction using music & movement. We will follow instructions from our leader throughout the playtime. In-order to fully participate, you will need wooden spoons or rhythms stick, egg shaker, maracas, or bells (empty spice jar filled with rice or dry beans), a bowl or drum, and a scarf or other lightweight material for movement time. We need you to put your or your child's names on your device for identification purposes. This is a safe and private space for our little ones to enjoy time together. We hope that you will join in our fun!

*If you attend two playgroups with intentions to continue, we will give you a gift bag with all our instruments that we use. *

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9QUVdVdkkvbk1Jdz09>

Meeting ID: 317 668 4962 Passcode: EarlySteps

PARENT CHAT SESSIONS: Thursday evening, February 16th @ 7:00

pm Hosted by Irma Cofield, Family Resource Specialist. This is a great time for parent to parent connection and information sharing. We meet as a group of parents in Early Steps and the Pensacola Exceptional Parent Connection (PEPC). The PEPC are parents who have graduated from Early Steps that stayed connected in efforts to share their knowledge to assist parents who have a child in the school system.

Come get empowered and connected!

<https://ascension.zoom.us/j/3176684962?pwd=OG4reGpvekFndU9QUVdVdkkvbk1Jdz09>

Meeting ID: 317 668 4962 Passcode: EarlySteps

View Early Steps web-page for more info at earlystepsatsacredheart.org

Also on Facebook **Early Steps Western Panhandle**



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*

