

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 activities, support connections, and other community resources.

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 Activities....

CRESTVIEW LIBRARY STORY-TIME: Thursday, May 4th @ 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. Come join in the FUN!!! Please RSVP to Irma.

MUSIC & MOVEMENT PLAYGROUPS: Tuesday, May 9th, 16th 23rd @

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 rhythm sticks, egg shaker, maracas, (empty spice jar filled with rice or dry beans), or bells, a bowl or drum, and a scarf or other lightweight material for movement time. We need you to put you 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! You must RSVP to Irma for our attendance list.

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

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

Meeting ID: 317 668 4962 Passcode: EarlySteps

GROW YOUR GIFT MUSIC PLAYGROUP: Thursday, May 11th &

18th @ 10:00-11:00 am, 105-B Lewis St., FWB Join in our circle-time

playgroups with a variety of rhythm instruments for music, movement, singing and more. This is a parent/child interactive developmental playtime using music led by Ms Alisha White and Hosted by Irma-Family Resource Specialist. Please RSVP to Irma for your place.

PARENT CHAT SESSION: Thursday evening, May 18th @ 7:00 pm

Hosted by Irma Cofield, Family Resource Specialist. This is a great time for parent connection and information sharing. We meet as parents that are in Early Steps and the Pensacola Exceptional Parent Connection (PEPC). The PEPC are parents who have graduated from Early Steps that stay 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 webpage 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

Rockin' the 21/Rockin' 321 Social: Down Syndrome support connection on Facebook for activities and
social events. Nicole Smith 251-458-0779 or Nnrenner@gmail.com

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/Rockin' 321 Social: Down Syndrome support connection on Facebook for activities and
social events. Nicole Smith 251-458-0779 or Nnrenner@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*

