

**I am here for you,
as your Family Resource
Specialist (FRS).**

I have served thirty 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



Join in the Fun Activities... [Playgroups](#)

**[CRESTVIEW LIBRARY STORY-TIME: Thursday, July 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. Join in the fun !!! Please RSVP to Irma.

[MUSIC & MOVEMENT PLAYGROUPS: Tuesday, July 11th & 18th @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 the 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

**[LIBRARY SOCIAL & SENSORY PLAYGROUP: Monday, July 10th at](#)
[10:30-11:30am, 5541 Alabama St., Milton](#) led by Kimberlee Spencer,**

ITDS-PhD and Hosted by Irma Cofield, Family Resource Specialist
Join us for a sensory filled play group! Jumping, climbing, scooping, and pouring provide safe sensory input that supports communication skills and brain development. Follow your child's lead while bonding over bubble tubes and fairy lights and promoting early play skills. There will be an air track (an inflatable track for jumping), a crash pad, infant soft mats, toys, books, a sensory table, a tent with fairy lights, a bubble tube, parachute and fiber optic lights. We hope you will join in the fun!

**[GROW YOUR GIFT MUSIC PLAYGROUP: Thursday, July 13th & 20th](#)
[@ 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.**

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. Tammy Lunsford countrygirlt2@hotmail.com 850-910-3745, Angela abeddy01@gmail.com
850-384-7330 or Amy amylmaxwell@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***

