

**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.

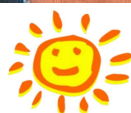
Serving: Escambia,
Santa Rosa, Okaloosa and
Walton Counties.

**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...[you will receive an attendance gift!](#)

CRESTVIEW LIBRARY STORY-TIME: Thursday, January 4th @ 10:30am

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 10:15 then the playgroup begins at 10:30am. Playtime offer after the storytime. 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, January 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 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

GROW YOUR GIFT MUSIC PLAYGROUP: Thursday, January 11th, 18th @

11:30am-12:30 pm. 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 and hosted by Irma-Family Resource Specialist. Please RSVP to Irma for your place.

SOCIAL & SENSORY PLAYGROUP: Monday, January 22nd @ 10:30-11:30am

Salute Academy 9326 Pensacola Blvd., Pensacola 32526 with Kimberlee Spencer, ITDS-PhD and hosted by Irma Cofield, Family Resource Specialist. Join us for a sensory filled playgroup. Jumping, climbing, scooping, and pouring provided safe sensory input that supports communication skills and brain development. Follow your child's lead while bonding over bubbly 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 mates, toys, books, a sensory table, a tent with fairy lights, a bubble tube, parachute, and fiber optic lights.

We hope you join in the fun! Please RSVP to Irma.

TRANSITION TO PRE-K PRESENTATION: Wednesday, January 24th @ 10:00-10:45

am: This is for parents that have children who will be soon transitioning from Early Steps to the Pre-K system. You will get...step by step instructions for the Exceptional Student Education (ESE) Pre-K enrollment process. There will be a time for your questions and answers to assist a smooth transition. (Esc. Co. Only) Presenter Marlene McCulley, ESE Social Worker with Escambia County. Please RSVP for your place and to receive the handouts for the presentation.

<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, Inc. International Headquarters & Resources: 1-888-432-7899

info@mendedhearts.org Resource Center 229-518-2680

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 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

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*

