

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](mailto: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, March 7th @ 10:30am**

**1445 Commerce Dr., Crestview.** Led by Heather, Child Librarian

***Children learn from listening and active play through stories.***

Doors open at 10:00am for social time at 10:15am, 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, March 12th, 19th, 26th @ 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, March 14th @ **New Time & new teacher 11:00am - 12:00pm.** 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 Dy and hosted by Irma-Family Resource Specialist. Please RSVP to Irma for your place.

### **SOCIAL & SENSORY PLAYGROUP: Monday, March 18th @ 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.

### **EVERYDAY LANGUAGE: [How to build language every day:](#) Wednesday,**

**March 20th @ 10:00-11:30 am** Presenter: Tracy Sherman SLP-PhD

There are a variety of ways we can help our child say his first words or add more words to her vocabulary. We'll start by looking at the foundational skills children need to have to be able to build language, differentiating between language and speech, and following with a variety of strategies that can be successful with consistent use. These strategies can naturally be embedded into your day – no need to set aside special time to work on your child's language development. It's more a matter of being mindful about incorporating the strategies than it is needing to set aside "speech time." Please RSVP to Irma.

<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/](http://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](mailto:amorasmission321@gmail.com)

**Autism Pensacola Inc.:** 850-434-7171 Website: [www.autismpensacola.org](http://www.autismpensacola.org) Email: [info@autismpensacola.org](mailto:info@autismpensacola.org)

**Emerald Coast Exceptional Families:** 850-396-1008 or [admin@emeraldcoastexceptionalfamilies.org](mailto:admin@emeraldcoastexceptionalfamilies.org)  
<https://www.emeraldcoastexceptionalfamilies.org/>

**Epilepsy Support:** 850-433-1395 Website: [www.epilepsyfl.org](http://www.epilepsyfl.org)

**Genes of Joy:** Parents of children with Down Syndrome, Christi 850-377-0018 [genesofjoy@gmail.com](mailto:genesofjoy@gmail.com);  
website: <https://www.genesofjoy.org/>

**Mended Little Hearts, Inc. International Headquarters & Resources:** 1-888-432-7899  
[info@mendedhearts.org](mailto:info@mendedhearts.org) Resource Center 229-518-2680

**Pediatric Stroke Warriors of Pensacola:** Rebecca Scherer 352-572-9018 or  
[rebeccascherer84@gmail.com](mailto: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 [countrygirl2@hotmail.com](mailto:countrygirl2@hotmail.com) 850-910-3745, Angela [abeddy01@gmail.com](mailto:abeddy01@gmail.com)  
850-384-7330 or Amy [amylmaxwell@att.net](mailto: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](mailto: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](mailto:Nnrenner@gmail.com)

## Okaloosa & Walton Counties

**Emerald Coast Exceptional Families:** 850-396-1008 or [admin@emeraldcoastexceptionalfamilies.org](mailto:admin@emeraldcoastexceptionalfamilies.org)  
<https://www.emeraldcoastexceptionalfamilies.org/>

**Epilepsy Parent Support Group:** 850-433-1395 Website: [www.epilepsyfl.org](http://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](mailto: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](mailto:icofield@ascension.org) or 850-377-9991***

