

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, April 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, April 2nd, 9th 16th @ 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, April 11th @ 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 Savannah and hosted by Irma-Family Resource Specialist. Please RSVP to Irma for your place.

SOCIAL & SENSORY PLAYGROUP: Monday, April 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.

View Early Steps webpage for more info at earlystepsatsacredheart.org/

Also on Facebook Early Steps Western Panhandle





**THE FLORIDA CENTER
TRAINING INSTITUTE**

A division of The Florida Center for Early Childhood

Please join us to learn how The Florida Center FASD Clinic can serve families in the Panhandle through the partnership with Dr. Karen Hagerott and The Arc Gateway/Pearl Nelson Center.



INTRO TO FASD

LIVE SEMINAR TO MEET THE TEAM AND MORE

Of all substances of abuse, alcohol causes the most serious long-term effects in a fetus, resulting in permanent brain damage. Many children with Fetal Alcohol Spectrum Disorders often go undiagnosed and suffer lifelong social challenges, serious mental health problems, and involvement with the juvenile justice system. Proper identification and intervention can help prevent many of these challenges.



Register Here

LIVE SEMINAR

May 2, 2024 | 12-2 pm CT

Ascension Sacred Heart Hospital

5151 North 9th Ave. Pensacola, FL

Greenhut Auditorium



Scan For More Trainings

Free and open to the public - for professionals and parents!

More trainings at FloridaCenterTraining.org

TRAINING DESCRIPTION

Of all substances of abuse, alcohol causes the most serious long-term effects in a fetus, resulting in permanent brain damage. Many children with Fetal Alcohol Spectrum Disorder go undiagnosed and suffer lifelong social challenges, serious mental health problems, and involvement with the juvenile justice system. Proper identification and intervention can help prevent many of these challenges. This presentation helps attendees begin to view social/emotional problems, difficult behaviors, and the learning challenges of these children as a symptom of brain dysfunction and not willful defiance and opposition.

PRESENTERS



Tamra Cajo, LCSW

Director of FASD Services at The Florida Center for Early Childhood

Tamra is a bilingual, licensed clinical social worker with almost 20 years of experience working in early childhood and prevention. Tamra is the Director of the Fetal Alcohol Spectrum Disorder Clinic at The Florida Center for Early Childhood, the only diagnostic clinic in the state of Florida for FASD. She also serves on the Executive Council of FASD United and as a Board Member for FASCETS. Tamra is a certified facilitator in the FASCETS Neurobehavioral Model, TBRI Practitioner, and was the previous lead trainer in the Midwest for ACT Raising Safe Kids, an evidence-based violence prevention curriculum.



Jennifer Werden, BSW

FASD Parent Advocate at The Florida Center for Early Childhood

Jennifer earned her bachelor's degree in social work from Florida State University in 2021 and is currently pursuing her master's degree in the same field. She is a certified Trust-Based Relational Intervention (TBRI) practitioner. Jennifer has had experience working with multidisciplinary teams providing services to children and adults with trauma histories or who are victims of crime. She is the parent of a child with Fetal Alcohol Syndrome and has assisted in helping families involved in the Fetal Alcohol Spectrum Disorder Clinic.



Melannie Webster

TBRI Practitioner and Child Advocate

Melannie holds a degree in early childhood education and is currently pursuing a master's in psychology. Certified as a Trust-Based Relational Intervention (TBRI) practitioner and MSOYW (Making Sense of Your Worth) instructor through the Halo Project, Melannie is deeply passionate about supporting children who have experienced trauma and guiding parents through the complexities of adoption. Drawing from her personal journey as an adoptive parent, Melannie is driven by a mission to foster positive impacts in families' lives through understanding, empathy, and nurturing care.

TAKEAWAYS

- **Learn how Fetal Alcohol Spectrum Disorders (FASD) impacts brain development and behaviors.**
- **Explore ways to ask and/or screen clients for prenatal alcohol exposure.**
- **Learn about Growth Opportunities in the Panhandle.**
- **Identify ways that the FASD Diagnostic Clinic and Services can support your Organization and Family.**

This seminar is free and open to the public.

Questions? Contact:
Ms. Shaun P. Hoyle, Director of Training
training@thefloridacenter.org.

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 countrygirl2@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

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

