

Early Steps Western Panhandle



We are here for you,
as your Family Resource
Specialists(FRS).

We work with you and
your Early Steps team.

We understand the
importance of family
involvement with early
intervention services.

We have experienced the
joy and concerns that go
with caring for a child with
special needs. We are here

to provide you with
activities, support
connections, and other
community resources.

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



icofield@ascension.org

850-377-9991

ashley.murray2@ascension.org

org

850-610-2012

Please call or email for
assistance or to RSVP for
playgroups!



"Happy 2025"

Join in the Fun Activities...you will receive an attendance gift!

CRESTVIEW LIBRARY STORY-TIME: Thursday, January 2nd @ 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.

This story time is designed for you and your child to engage in story, music, and movement.

Playtime is offered after the storytime. Join in the fun!!! Please RSVP to Irma.

MUSIC & MOVEMENT PLAYGROUPS: Tuesday, January 7th, 14th & 21st @ 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

***NEW LOCATION AND TIME* KINDERMUSIK PLAYGROUP: Thursday, January 9th @**

10am - 11am. Yoga By You 1605 Partin Dr. Niceville, FL. 32578 Join in with Sarah Kent,OTR, presents Kindermusik classes that boost language, social, and emotional skills. These music classes are designed to target fine and gross motor skill development through interactive musical activities that engage both the child and caregiver. Please RSVP for your place.

"NEW" ASD & SENSORY CONNECTION: Wednesday, January 15th @ 10:00- 11:00 am

This has been a request of parents to connect with others for coping for their child's social, sensory, behavioral and developmental needs and concerns. There will be a question and answer time. This will be our first group meeting to hear "what are your ideas of needs to better support your child/family". This will give ideas on presenting future zoom meetings. Our leader will be Jennifer Findley, LCSW, BCBA;

Hostess Irma Cofield and Ashley Murray-FRS's.

Join in with others that are going through the same Early Steps journey with their child.

Please RSVP for your place to Irma at icofield@ascension.org Zoom link below.

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

Meeting ID: 317 668 4962 Passcode: EarlySteps

SOCIAL & SENSORY PLAYGROUP: Monday, January 20th @ 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

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 amorasmision321@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: Stephanie Liles 850-384-1231 Also Find on Facebook [Facebook.com/com/group/Pensacola.Multiples](https://www.facebook.com/com/group/Pensacola.Multiples)

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 Family Resource Specialist for assistance by emailing or phone icofield@ascension.org 850-377-9991 or ashley.murray2@ascension.org 850-377-9058

Other Community Resources for in the time of need...

Hotline for behavioral/mental health relating to pregnancy, baby, etc. 800-451-2229 @ Department of Health

Healthy Start for Stress Management <https://www.floridahealth.gov/programs-and-services/childrens-health/healthy-start/index.html>

Simply dial 988 and speak with a counselor. <https://www.myflfamilies.com/988>

