

## 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](mailto:icofield@ascension.org)  
850-377-9991

[ashley.murray2@ascension.org](mailto:ashley.murray2@ascension.org)  
850-610-2012 Please call  
or email for assistance or to  
RSVP for playgroups!

View Early Steps webpage for  
more info at  
[earlystepsatsacredheart.org/](http://earlystepsatsacredheart.org/)  
Also on Facebook Early Steps  
Western Panhandle



Join in the Fun Activities... [you will receive an attendance gift!](#)

**CRESTVIEW LIBRARY STORY-TIME: Thursday, March 6th @ 10:30am**  
**1445 Commerce Dr., Crestview.** Led by 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 Ashley.

**MUSIC & MOVEMENT PLAYGROUPS: Tuesday, March 4th & 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

**New KINDERMUSIK PLAYGROUP in Pensacola: Monday, March 10th @ 10:30am - 11:30 am. At Labelle Performing Arts Studio 8253 Chellie Rd, Pensacola 32526.** 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 to Irma for your place.

**KINDERMUSIK PLAYGROUP: Thursday, March 13th @ 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 to Ashley for your place.

**ASD & SENSORY CONNECTION: Wednesday, March 19th @ 10:00- 11:00 am**

This group is aimed at providing support, resources, and education to parents on social, sensory, behavioral and developmental needs and concerns. The group consists of a facilitated group topic followed by a 10-15 period of open discussion. Our next topic is: Strategies for Supporting Your Child's Sensory Needs. Our leader will be Jennifer Findley, LCSW, BCBA with support from Lacey Woods, Registered and Licensed Occupational Therapist.

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](mailto: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, March 17th @ 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.

# 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](mailto:amorasmision321@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:** Julie Wood 850-602-0184 or Suzanne Allert 251--604-2761 or go on 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](mailto:countrygirlt2@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: 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](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 Family Resource Specialist for assistance by emailing or phone [icofield@ascension.org](mailto:icofield@ascension.org) 850-377-9991 or [ashley.murray2@ascension.org](mailto: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>

