

MONTHLY NEWSLETTER



April 2025



Ask me how to get your free music kit for attending the virtual music group!



What is a Transition?



PLANNING AHEAD

Transition means change from one form or another, or the process by which this happens. Transition occurs when a baby is discharged from the hospital to home, when a family moves from one service area to another, when a specific provider of a service changes, and when a child turns age three and transitions from Early Steps to other service options. A Transition Plan is usually developed as part of an IFSP meeting. You, your service coordinator and other agencies or programs, plan what needs to occur to make sure that the transition is smooth and uninterrupted as your child moves into a new setting or plan. Transitioning out of Early Steps usually begins sometime between the age of 2 years & 3 months and 2 years and 9 months of age.

Free Early Steps Playgroups

► **Crestview Early Steps Playgroup**

When: 1st Thursday of every month
April 3rd at 10:30am
Location: Crestview Library 1445 Commerce Dr.

► **Virtual Music and Play**

When: Tuesday's (April 1st, 8th and 22nd) at 10am
Location: [Virtual Zoom Room](#)
Meeting ID: 317 668 4962 Passcode: EarlySteps

► **Kindermusik Niceville**

When: April 10th at 10am
Location: 1605 Partin Dr. Niceville
Yoga By You Studio

► **Social and Sensory Pensacola**

When: April 21st at 10:30am-11:30am
Location: 9326 Pensacola Blvd. Pensacola
Salute Gymnastics Academy

FIND YOUR LITTLE ONE'S LIBRARY GROUP

[Escambia County](#)

[Santa Rosa County](#)

[Okaloosa County](#)

[Walton County](#)



FAMILY RESOURCE SPECIALIST (HERE FOR YOU)

I too had a child that went through the Early Steps program and I am here to help you find resources, activities, connections and support.

Ashley Murray

Reach Out via text, email or call. Ashley.Murray2@ascension.org
c. 850-377-9058

CONNECTIONS & SUPPORT



You don't have to "goat" it alone.

Amora's Mission Down Syndrome 850-287-6773
amorasmission321@gmail.com

Autism Pensacola 850-434-7171 info@autismpensacola.org

Autism Spectrum Resources Walton, Okaloosa, Santa Rosa and Escambia

Emerald Coast Exceptional Families 850-396-1008
admin@emeraldcoastexceptionalfamilies.org

Epilepsy Support 850-433-1395

Genes of Joy Down Syndrome Support 850-377-0018
genesofjoy@gmail.com

Grandparents Raising Grandchildren & other Relatives 850-432-1475 x. 175

Mended Little Hearts Congenital Heart Defects
888-432-7899 info@mendedhearts.org

Preemies of Pensacola

Rockin the 21st Down Syndrome Resource

Mental Health and Wellness

It's ok to ask for help.

- **Florida Family Health Hotline** for family & mental health help relating to pregnancy, breastfeeding, new baby, etc. 800-451-2229
- **Healthy Start for Stress Management**
- **988 Florida Lifeline** or dial 988 to speak with a counselor free of charge.