

## HOW WE CAN HELP

The **Wee Care** staff understands that being a parent can be hard. That's why we want to help make things easier for you!

### Locations

At **Wee Care**, we strive to make our services easy to reach. Your **Wee Care** case manager will try to meet you at locations convenient for you. Local community centers, clinics, and partnered agencies that are close to your home can be used. Home visits are available by necessity.

### Transportation

Bus vouchers to help you get to your **Wee Care** appointments may be available where applicable.



**LifeSteps** has provided substance abuse prevention, intervention, counseling and educational services to Williamson County since 1978. As the needs of Williamson County residents have increased so have LifeSteps' services. Due to the effectiveness and cost efficiency of prevention programs, LifeSteps places increased emphasis on preventing unhealthy behaviors, or intervening in the early stages of substance abuse. Beginning in Fall of 2013, LifeSteps has offered services to pregnant and postpartum women and adolescents in Travis, McLennan and Williamson Counties who are at risk for substance abuse.

LifeSteps is funded by grants, contracts, local contributions and donations.

### For More Information, Contact Us At:

**Georgetown Office**  
311 S. Main St.  
Georgetown, TX 78626  
P: 512.869.2571  
F: 512.869.1667

**Round Rock Office**  
2021 N. Mays, Ste. 500  
Round Rock, Texas  
P: 512.246.9880  
F: 512.246.9882

**Waco Office**  
3221 Franklin Ave., Ste. #204  
Waco, TX 76701  
P: 254-224-6047  
F: 512-869-1667

<http://www.lifestepsCouncil.org>

## LifeSteps Council on Alcohol & Drugs

*Serving Travis, McLennan & Williamson Counties*

# Wee Care



For the Wee Ones in Your Life!

**PPI Program  
Funded by DSHS**



**Georgetown Office: 512-869-2571  
Round Rock Office: 512-246-9880  
Waco Office: 254-218-3968, or  
254-237-4520, x 104**

## WHAT WE DO

An initial call or visit will provide you with a full orientation to **Wee Care** services. Together, we will develop a plan to address **your** specific needs.

### Case Management

Ongoing visits scheduled each week ensure that your voice is heard. Some common things we can help with are:

- \* Accessing health care
- \* Accessing needed community resources
- \* Parenting skills
- \* Crisis counseling and mental health referrals

Your case manager wants you to succeed. If you have a goal you want to reach, let your case manager know so they can help you!

### Nurturing Parenting Group

Participants attend our parenting groups at **no charge**. We use a science-based curriculum called "Nurturing Parenting," which promotes the idea of caring for yourself as well as others. Some things that you will discuss include what it means to be nurturing, overcoming barriers such as substance use, stress, anger, and violence, and disciplining without fear. See what other parents have to say and share your own expertise!

### Bonding Activities

Participants are invited to join in activities that support and encourage bonding with your child in a fun, drug-free environment.



# Wee Care Mission

To promote positive change in the lives of pregnant and postpartum women and adolescents, and to prevent the negative effects of alcohol and drugs on infants.

## WHO WE SERVE

If you can answer "YES" to one or more of the following, you may qualify for **Wee Care** services.

*Are you pregnant, or do you have a child 18 months old or younger?*

*Has you or someone you live with ever used or been dependent on drugs or alcohol?*

*Is there currently violence in your relationship with your partner?*

*Do you have or have you ever had mental health problems?*

*Have you experienced physical, emotional, or sexual abuse in your life?*

*Do you live in Travis, Williamson, or McLennan County?*

If you or someone you know can answer **YES** to one of the questions above, then give us a call. We can answer any questions you might have about **Wee Care**.

P: 512-869-2571

P: 254-218-3968

(Or 254-237-4520, x 104)

E: [weecare@lifestepsCouncil.org](mailto:weecare@lifestepsCouncil.org)  
or visit our website: [www.lifestepsCouncil.org](http://www.lifestepsCouncil.org)