

# Wee Care

For the Wee Ones in Your Life!



## Parenting Classes

### *Who can join?*

Women who are pregnant or who have children under six years old. Women are welcome to bring their children.

### *Where is it?*

Classes will be held at the St. John's Community Center in Austin, Texas.  
7500 Blessing Ave., Austin, Texas 78752.

### *When is it?*

Once a week, every Tuesday from 10:30 am to 12:00 pm

### *What will be covered?*

Introduction to  
nurturing and  
childhood  
experiences

Child growth,  
development,  
and health

Current safety  
guidelines

Managing and  
expressing  
feelings

Building self-  
worth and  
empathy in  
children

Non-violent  
discipline  
techniques

Drugs, alcohol,  
and the family

Family violence  
and healthy  
relationships

Developing  
routines, rules,  
and values

Communication  
and problem  
solving

Interested in joining or just have questions? Let the team at Wee Care get you started. Call **512-869-2571** or email us at **[weecare@lifestepsCouncil.org](mailto:weecare@lifestepsCouncil.org)** for more information now!

