



Maternal Mental Health & Social Capital Building Programs

The **Apoyo y Cariño (Support and Care) Program** at LifeWise STL focuses on intervention to Latina mothers who are pregnant or parenting babies through 24 months of age. It offers supportive services through targeted case management that focuses on issues relevant to new and immigrant mothers, including translation and interpretation, assistance with Medicaid and other healthcare obstacles, and navigating childcare to name a few. The program also has close connections with other community resources to assist with referrals.

The **Enlace Program** at LifeWise STL focuses on building social capital and access to resources for participants. Studies show that social capital – a form of capital that exists in the relationships between people – is vital to upward mobility, and lack of social capital is often strongly correlated with poverty. Enlace seeks to provide a space for neighbors to connect with one another, share resources and learn about their community. Enlace meets twice per month and tackles topics such as health, education, communication and relationships, civil engagement and Housing. Representatives from St. Louis agencies are invited to share about their services, connecting clients with a friendly face along with vital information.

Suggested Donations

- diapers
- wipes
- onesies (NEW)
- pacifiers
- bottles
- bottle brushes
- baby hygiene (soap, lotion, etc.)
- diaper bags
- drest
- baby sling/carrier
- yoga pants
- breastfeeding-friendly tops
- nail polish/remover, bubble bath, shower gel (pampering items for mom)
- pens
- small notebooks
- 3 ring binder (1-inch w/pockets)
- clear sleeves (heavy weight) for binders
- dry erase markers
- accordion folders (plastic or cardboard, big enough for 8.5x11s)
- tickets for area events/attractions