



Economic Wellness Program

LifeWise StL offers a comprehensive approach to economic wellness. Through personalized coaching, educational sessions, and a suite of financial products geared towards building credit and wealth, we equip our participants with the tools and knowledge they need to realize their economic ambitions. Families, individuals, and even LifeWise StL employees benefit from these offerings, attending financial education classes and engaging in private consultations with certified financial social workers and coaches. These sessions allow participants to set well-defined goals and strategize their achievement.

Our range of services encompasses reviewing credit reports, crafting debt-reduction and savings strategies, organizing financial documents, creating tailored budgets, and addressing behaviors hindering goal achievement. Moreover, we provide access to vital credit-building and wealth-enhancing products.

Wish List

- 1-inch binders
- binder folders
- accordion file folders
- budget binder/ cash envelopes for budgeting
- small accordion file folders for receipts
- notepads
- undated planners
- gift cards (grocery, gas, etc.)
- office supplies (highlighters, pens, pencils)
- piggy banks
- tote bags
- wallets (men and women) (NEW)
- all-day bus tickets (good for one year)
- *Finance for the People: Getting a Grip on Your Finances* by Paco de Leon
- *Get Good with Money* by Tiffany Aliche
- *Las cosas pequeñas: Por qué realmente DEBERÍA preocuparse por las pequeñas cosas* by Andy Andrews
- *El monje que vendió su Ferrari: Una fábula spiritual* by Robin Sharma
- *Money & Me Workbook WOW Edition: Words of Wisdom* by Sara Money
- *The Home Budget Workbook* by Eleanor Blayney

Contact Us

To ensure that your donation is directed to your desired program, please reach out to Natalie Gemberling Webb, Director of Economic Wellness, at ngemberling@lifewisestl.org or 314-260-6371 prior to donating. Thank you!