



Emotional Wellness Program

Wellbeing is an important barometer for all ages on the journey toward better futures. At LifeWise StL we take a holistic approach to helping children and adults better understand the connections between their emotional health, physical health, and ability to flourish in life.

Our Emotional Wellness team is made up of highly credentialed and trained professionals who work with adults, youth, children, and staff to provide mental health services, as well as promote wellness throughout all programming at LifeWise StL. We are committed to making emotional wellness services accessible. Support is offered in a variety of formats including: classes, therapeutic groups, support groups, one-on-one coaching, individual therapy, care coordination, and staff support.

Our **Perinatal Behavioral Health Program** provides mothers and those in mothering roles with the space to gather and gain strength from professionals and peers (also known as social capital). Through coaching, therapy, support and therapeutic groups, mothers find emotional and practical help. They gain knowledge on relevant topics, driven by their own needs and interests, including mother-child attachment, socialization, and information about Perinatal Mood and Anxiety Disorders.

Wish List

- diapers
- wipes
- onesies (NEW)
- pacifiers
- bottles
- bottle brushes
- baby hygiene (soap, lotion, etc.)
- diaper bags
- dreft
- baby sling/carrier
- yoga pants
- breastfeeding-friendly tops
- Self-care items:
 - Lotion
 - Candles
 - Chocolate
 - Face masks
 - Bubble bath
- small notebooks/journals
- tickets for area events/attractions
- coloring books/colored pens
- fidgets

Contact Us

To ensure that your donation is directed to your desired program, please reach out to Sarah Caldera Wimmer, Director of Emotional & Physical Wellness, at scaldera@lifewisestl.org or 314-260-6382 prior to donating. Thank you!