

Our Mission

Our mission is to help individuals and families achieve economic well-being by providing high-impact, relationship-based programming and by addressing systemic barriers to their success.

Here's an illustration of how LifeWise StL might serve a family:

PROGRAMS

- Baby is cared for in the safe, nurturing, & stimulating environment of our **Early Childhood Center**
- His elementary-age sibling strengthens her reading skills & confidence through **Freedom School**
- Their young adult sibling **saves for independence** while receiving **coaching & education** from certified financial social workers
- Mom experiences relief from stress & anxiety as a result of **1:1 therapy**
- Grandma finds purpose & meaning as a **Senior Companion**



SERVICES & EVENTS

- Weekly, Grandma purchases low-cost groceries, household supplies, and diapers at our **Bodega & City Harvest Market**
- Mom & Grandma **Exercise** together on Monday nights while the younger 2 play in the **Family Center**
- Through **Alumni Advising**, the elder son works toward the goal of transferring from community college to a 4-year university
- For only \$5, Mom purchases her child new shoes & a stocked backpack at our annual **Back-to-School Event**
- Mom shops for gifts for the whole family at our annual, low-cost **Holiday Market Event**

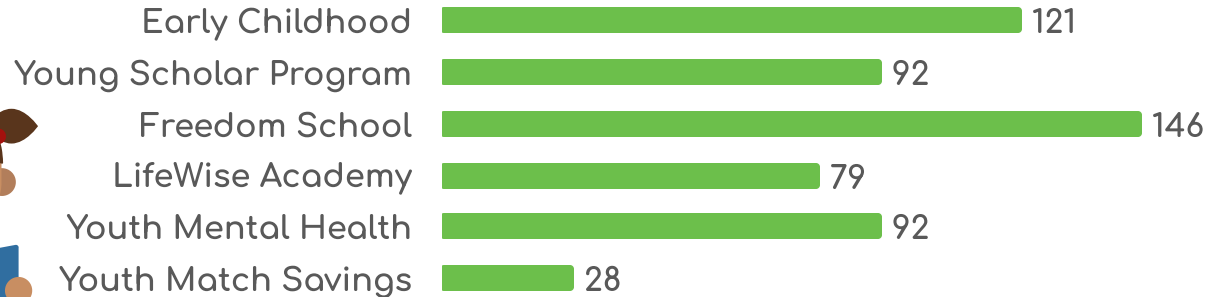
Youth Programs


 **33%** of 1,307 program participants are youth (0-18 yrs)


Our youth programs are designed to engage participants more frequently and/or for longer durations than most adult programs, which results in fewer youth participants than adults





Number of participants per program:



 **70%** of Early Childhood youth assessed met social-emotional developmental milestones


 **23** kindergarten-ready youth graduated from Early Childhood


 LifeWise invested **\$3,000** in the future of 3 early childhood youth whose parents opened child saving accounts this year

 **80%** of middle school scholars improved their grades in **TWO** school courses

 **84%** of Freedom School scholars assessed maintained or improved their reading ability

 **87%** of Freedom School scholars surveyed felt more proud of themselves as a result of participation

 **100%** of Academy scholars surveyed agreed they've learned skills for resolving conflict without violence

 **100%** of Academy seniors graduated high school with the majority pursuing either college or trade school

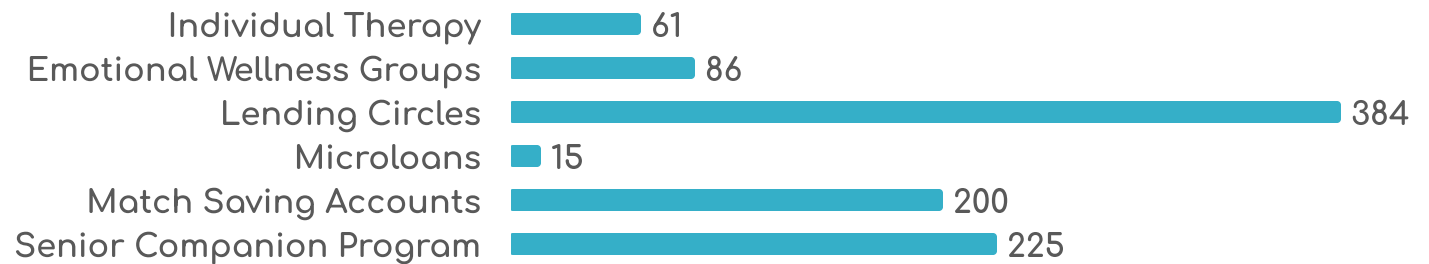
Adult Programs

67% of 1,307 program participants are adults



With 25% of program participants being 55 yrs or older

Number of participants per program:



100% of adults surveyed agreed 1:1 therapy has been helpful for them



Participants purchased 9 homes & 6 vehicles with the assistance of a savings match, totaling \$90,000



96% of SCP clients remained in their homes thanks to the support of more than 60 Senior Companions



86% of adults in 1:1 therapy experienced a reduction in stress, anxiety, and/or depression symptoms



75 credit-invisible lending circle participants established an average credit score of 690



95% of Senior Companions surveyed reported the program provided meaning and purpose in their lives



74% of adults who attended 2+ groups of a summer wellness series perceived an improvement in their well-being



85% of participants engaged in financial education & coaching increased their financial literacy



\$35,065 in combined savings for 55 participants who completed the Senior Resiliency Fund program



Support Services



2,689 volunteers performed 11,602 hours of service in support of LifeWise StL staff & participants

AGENCY SERVICES: In addition to programming, LifeWise StL provides wraparound services to support participant and non-participant families in various aspects of well-being



4,568 visits to the City Harvest Market & Bodega



46,280 pounds of low-cost food distributed



~223 Exercise Classes



The Family Center provided childcare during all adult programs



330+ referrals provided by the Community Care Liaison to support families' stability



Weekly English Language Classes for Speakers of Other Languages (ESOL)



121 instances of case management provided at St Cecilia School



367 calls, messages & meetings in support of our Academy Alumni

PARTICIPANT EVENTS: Participants & their household members are eligible for events if the participant is a child (<18 yr) or if the participant has dependent children (<18 yr) living in the home



Over 325 youth received new shoes & backpacks stocked with school supplies at our annual **Back-to-School Event**



187 families shopped our low-cost **Holiday Market** in 2023, impacting roughly 850 people in all households

FAMILY & COMMUNITY COUNCIL: In 2023, the council relaunched with charges to provide feedback on existing programs and to elevate pressing issues & needs in the community, among other things.

URBAN FORUM: In 2023, **826 individuals** participated in this service learning program, which provides professional guidance in social justice education. Our curriculum is designed to help participants gain a greater understanding of issues, such as poverty, food insecurity, racism, & educational disparities.

Created by Kallie Clyde, Director of Program Evaluation
For more information about LifeWise StL, visit www.lifewisestl.org