

St. Louis Transition Resources

Hi there! The WashU/BJH/SLCH Wellness Committee has curated some recs to help new (and maybe not so new) trainees transition to life in St. Louis. We know that it can be tough to find places to live, childcare, doctors, and even things to do – so hopefully these various spreadsheets will be helpful!

START HERE:

- First off, consider joining the WUSM Resident/Fellow Facebook Group: <https://www.facebook.com/groups/washureidents>





- Also check out the [GME Interest Groups](#) on the [GME Wellness Website](#) to connect with other trainees!

Housing:

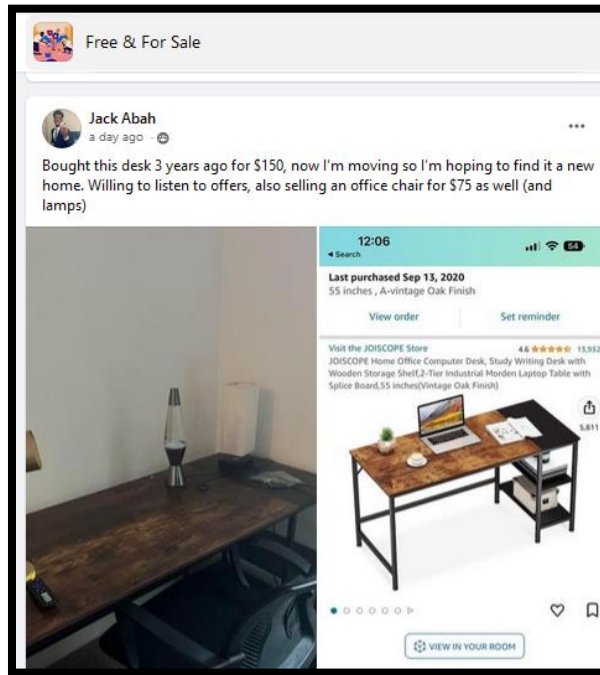
- Check out this spreadsheet [Apartments in St. Louis \[Excel\]](#) - compiled by peds residents (where we live!!) where we noted some amenities/price points. You should inquire about BJC/WUSM discounts at apartment complexes (also referral points if a prior resident lives there, heh). There's also a tab for places people are currently looking to rent out!

A screenshot of an Excel spreadsheet titled "Apartments near SLCH (St. Louis, MO)". The spreadsheet has columns for "Apartment Name", "Website/Contact", "Neighborhood", and "Walking or driving time to campus".

Apartment Name	Website/Contact	Neighborhood	Walking or driving time to campus
 Mids at The Hill	http://www.midsatthehill.com/	The Hill	6 min drive
 Adventure (4801 Chouteau Ave)	(314) 334-2837 http://www.4801forestpark.com/	Forest Park Southeast	12 min walk / 6 min drive

Furniture/living necessities... For great steals & deals!! Aka. if you are still looking for furniture!

- Free & For Sale
 - <https://www.facebook.com/groups/256671024413893/>
- WUSM Free & For Sale
 - <https://www.facebook.com/groups/539158360996228>



Food:

- Check out our **newly updated restaurant recs list (divided by cuisine, also bakeries, desserts)!!** [STL Food \(Updated 2025\).docx](#)
- And a whole page dedicated for **East & Southeast Asian Restaurants & Grocery Stores** in STL: [East & Southeast Asian Restaurants in STL \[Google Doc\]](#)

Life in St Louis & Things to Do

- [STL THINGS TO DO \(UPDATED MARCH. 2025\)](#)
- **Examples...**
 - Kayak and rent paddle boat at the Boathouse at Forest Park!
 - Go to an outdoor movie theater like the Skyview Drive-in
 - Sign up for cooking classes at The Kitchen Conservatory
 - Pluck peaches at Eckert's Farm in Belleville, IL
 - Snap cute selfies at the Union Station Selfie Exhibit
 - Visit Raging Rivers Waterpark
 - Go to Pieces STL – a huge Board Game Café downtown (\$5 to enter, can be applied to food/drinks)
 - Free stuff...

- Visit the World Chess Hall of Fame in Central West End and play with giant people-sized chess pieces!
 - Watch a musical at The Muny! The line up changes every week (past performances have included Beauty and the Beast, Chess, and West Side Story)! There are usually plenty of open free seats in the back first-come first serve.
 - Ramble towards Art Hill and have a picnic in front of Emerson Grand Basin, or watch a movie on Art Hill on weekends in July
 - Visit the Eyeball and other interesting art pieces at Laumeier Sculpture Park
 - Spot wild bison at Lone Elk Park
 - Visit the Saint Louis Science Center with themed First Fridays!
 - See how soaps are made at Herbaria soap tour – in the Hill!
- See these docs for more!
 - [Copy of STL Activities!.xlsx](#)

Healthcare providers: a list of primary care, OB/GYN, peds practices, and dentists. *These providers are recommended by other trainees, you need to verify the provider is in your insurance network.*

- [Healthcare Providers.xlsx](#)

Practice	Name	Health System Affiliation	Practice Location	P
Womens Care Consultants (General)	Dr. Sarah Cusworth	WashU/BJC	3023 N Ballas Rd. Suite 120	3
	Dr. Jennifer Meyer			
	Dr. Timothy Philpott			
	Dr. Angela Reining			
	Terri Sippel, WHNP			
West End OBGYN	Dr. Margaret Gray-Swain	WashU/BJC	1110 Highlands Plaza Dr. East Suite 280, 63110	
	Dr. Bridget Rutledge			
	Dr. Kerith Lucco			
	Dr. Taryn White			
	Jessica Schneider, WHNP			
Wash U OBGYN	Kelly Edwards, FNP			
	Cassandra Johnson, WHNP			
	Dr. Shelby Dickison	WashU/BJC	Center for Outpatient Health	
	Dr. Jennifer Mitchell			
	Dr. Tammy Sonn			

Childcare and School Information:

- [STL Childcare and School Resources.xlsx](#)