

St. Louis Transition Resources

Hi there! The WashU/BJH/SLCH Wellness Committee has curated some recommendations 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/washuresidents>



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

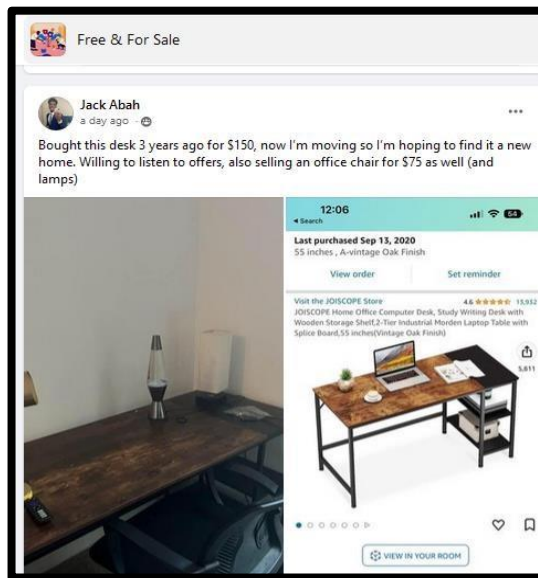
Housing:

- Check out this spreadsheet [Apartments near SLCH \(St. Louis, MO\).xlsx](#) compiled by residents with notes about 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!



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

- 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 and international grocery stores)!!** [STL Food \(Updated 2026\).docx](#)

Life in St Louis & Things to Do

- [STL Things To Do \(Updated 2026\).docx](#)

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 in Soulard
- 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 in the summer (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 this spreadsheet for more! [Copy of STL Activities!.xlsx](#)

Health Care providers:

- See the list of BJC/WashU PCPs on our website [HERE](#)
- List of pediatricians taking new patients [HERE](#)
- [Healthcare providers](#): a list of OB/GYN, ophthalmologists, dentists and pediatricians.
These providers are recommended by other trainees, you need to verify the provider is taking new patients and in your insurance network.

Childcare and School Information:

- See WashU HR Family Care page for information on child care centers and finding in home care: <https://hr.wustl.edu/items/child-care/>
- All trainees (BJC and WashU are eligible for [Backup Care](#)) – you must register ahead if you think you might ever use the resource
- All trainees (BJC and WashU) have access to the Family Care Navigator:
FamilyCare@wustl.edu