

## St. Louis Transition Resources

The WUSM/BJH/SLCH Wellness Champions have created several resources 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 to all of the incoming people.

These resources are not specifically endorsed by BJC or WUSM, they were developed by our trainees to help ease the transition to St. Louis.

Housing Resources – you should inquire about BJC/WUSM discounts at any apartment complexes.

[Housing information.xlsx](#)

Childcare and School Information -

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

Healthcare providers - (recommendations from other trainees, need to verify provider is in your insurance network)

[Healthcare Providers.xlsx](#)

Life in St Louis -

[Life in STL - Public .xlsx](#)

STL Activities: [Copy of STL Activities!.xlsx](#)

STL Food: [Copy of STL Food!.xlsx](#)

[Layered google map of things to do](#)

Also – check out the [GME Interest Groups](#) on our [GME Wellness Website](#) and sign up to connect with other trainees.