OUR STORY

In November 2017, the International Mentoring program was established to help connect international women to St. Louis in a meaningful way. Since its inception, the program has connected over 90 women.

Our region welcomes thousands of foreign-born people moving here every year. The International Mentoring Program is designed to help women in the workforce or women who moved with their partners for work and are seeking a deeper way to connect to life in St. Louis.

The goal of the program is to encourage international families to stay in St. Louis and serve as ambassadors for the city as we grow the international population of St. Louis.

If you are new to St. Louis from abroad or looking to make new friends and learn about cultures from around the world, we encourage you to get involved!

“Learning from bright, talented women about other parts of the world, sharing experiences and helping anchor women and their families in St. Louis has been a wonderful experience.”

– Amy Rome, Mentor & Founder/Principal of The Rome Group
OUR MISSION
To connect international women with St. Louis-area women and help welcome and integrate foreign-born women into the St. Louis community.

OUR VISION
To help international women acclimate to St. Louis and American culture and traditions. To cultivate and serve as a resource for the international community in St. Louis and serve as a resource to the international community. To help international women into the St. Louis community. To connect international women with cultural and traditional experiences. 

OUR PROGRAM
International women are paired with a local, St. Louis mentor. In each group there are 5 international and 5 local women.

The year-long program includes:
- 6 Group Meetings per Year
- 6 One-on-One Mentor/Mentee Meetings
- Networking Opportunities
- Additional events may include:
  - Special Reception with Mayor Lyda Krewson
  - Attending a Blues or Cardinals game
  - International Book Club
  - Chefs Club
  - A Girls Night Out on the Town
  - Holiday Party

Additional Opportunities
- Networking Opportunities
- Learning about the Community College
- Clubs: Biking, Hiking, Painting, Yoga and More
- Opportunities to Volunteer or Serve on Boards
- Education on the Nuts and Bolts of the City
- Educating on the Nuts and Bolts of the City
- Missouri Driver’s License
- Garbage & Recycling
- Grocery Shopping
- St. Louis Customs & Culture
- St. Louis Art Museum
- Missouri Botanical Garden
- Local Theatre
- Poetry Group
- Butterfly House
- City Museum
- Clubs: Biking, Hiking

Relationship Building
- Coffee, Lunch, Phone Calls and Dinners

Relationship Building