

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.

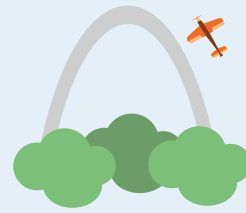
Our region welcomes thousands of foreign-born people moving here every year. The International Mentoring Program is designed to help women in the workforce or women who moved with their partners for work and are seeking a deeper way to connect to life in St. Louis.

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



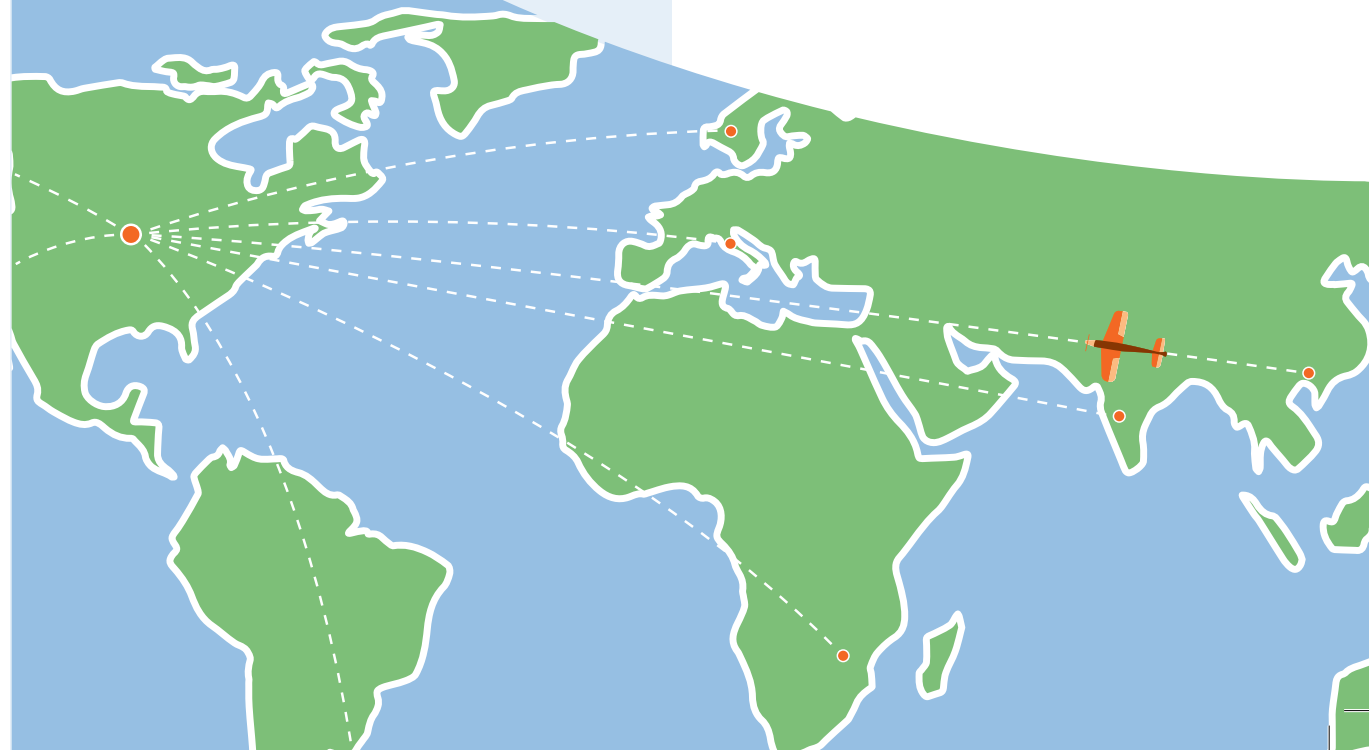
GET INVOLVED

www.mentorprogramstl.org
mentorprogramstl@gmail.com
Annie Schlafly, *Coordinator*
(314) 443-5056



International Mentoring PROGRAM

*Connecting International Women
with St. Louis-Area Women*



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.

To facilitate friendships and community between St. Louis-area and international women.



St. Louis Mosaic Project

St. Louis Mosaic Project supports the STL International Spouses (Meetup) Group and the STL International Women Mentoring Program

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

"It's so nice to have someone welcome you and be willing to help you get settled in a new place."

- Miho Taga, Mentee



ONE-ON-ONE MEETINGS



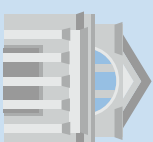
Education on the Nuts and Bolts of the City

- Missouri Driver's License
- Garbage & Recycling
- Grocery Shopping
- St. Louis Customs & Culture



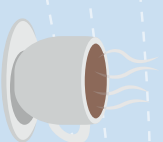
Community Opportunities

- Learning about the Community College Clubs: Biking, Hiking, Painting, Yoga and More
- Opportunities to Volunteer or Serve on Boards



Cultural Life in the City

- St. Louis Art Museum
- Missouri Botanical Garden
- City Museum
- Butterfly House
- Local Theater
- Sporting Events: The Blues Hockey & Cardinal Baseball



Relationship Building

- Coffee, Lunch, Phone Calls and Dinners