



Chiba City Residential Newsletter

千葉市生活情報誌

# Chiba City ・ ちば

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この情報誌は、下記のアドレスよりダウンロードすることができます。

This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

Additional information not listed in this publication can be found at the Chiba City International Association's blog which is updated regularly.

Chiba City International Association Blog (URL): <http://cciachiba.blog21.fc2.com/>

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# CITY NEWS

ぼしかてい はは しゅうぎょう じりつ しえん  
母子家庭の母の就業・自立を支援

## Employment and Independence Support for Single Mothers

### Support Center for the Employment and Independence of Single Mothers

- In order to support the employment and independence of mothers in single parent households, the center, in cooperation with Hello Work, has arranged for professional employment consultations twice a week for those receiving dependent child benefits.

### Weekend and Evening Phone Counseling for Single Parents

**When:** Weekends and holidays from 9:00 to 18:00, weekday evenings from 18:00 to 21:00

**Where:** Asahigaoka Boshi Home (Tel: (234) 3366)

**About:** Counseling on everyday life-related topics, child-raising and disciplining

**Information:** けんぜんいくせいか 健全育成課 Wholesome Child Raising Section  
Tel: (245) 5179 Fax: (245) 5995

### Subsidies Awarded for the Enrollment in Courses or Acquisition of Professional Qualifications

- Subsidies are awarded when a single mother enrolls in courses to increase her chances of employment, or undergoes training to acquire professional qualifications.
- ① Independence Support Educational Training Subsidies
- A partial tuition subsidy will be awarded if an individual who does not qualify to receive aid for educational training under employment insurance enrolls in and completes an educational training course approved by the city.

**Subsidy Amount:** 20% of tuition (Min: ¥4,000, Max: ¥100,000)

② Benefits for the Promotion of High Level Skills Training

- If an individual enters training for over two years at a facility to acquire professional qualifications in areas including nursing, assistant nursing, welfare/caretaking, childcare, physical therapy, occupational therapy, or dental health, subsidies to support the student's livelihood will be awarded for the duration of the course.

**Target:** Those who enter a training facility by March 31, 2012

**Subsidy Amount:** a) ¥70,500 per month (students enrolled after April 2008 that live in a household that pays municipal taxes)  
b) ¥141,000 per month (all other households)

③ Lump-sum Payment Upon Completion of a Continued Education Course

- A one-time payment will be awarded to those who completed a two-year or longer course in the fields mentioned in part ②.

**Target:** Those who enrolled in a training facility after April 2008

**Subsidy Amount:** a) ¥25,000 (households required to pay municipal taxes)  
b) ¥50,000 (all other households)

※There are restrictions including income. In addition, prior consultation and applications are required. Please see below for consultation and application procedures. Appointment required.

**Information:** ぼしかてい しゅうぎょう じりつ しえん かくほけんふくし こ しかていかない  
母子家庭就業・自立支援センター (各保健福祉センター子ども家庭課内)  
Support Center for the Employment and Independence of Single Mothers  
(At each Health and Welfare Center, Child and Domestic Affairs Section)

Chuo Ward (M & F) Tel: (221) 2558 Wakaba Ward (M & F) Tel: (233) 8150  
Hanamigawa Ward (W & F) Tel: (275) 6445 Midori Ward (Tu & W) Tel: (292) 8139  
Inage Ward (Tu & W) Tel: (284) 6139 Mihama Ward (M & Tu) Tel: (270) 3153

※Inquiries will be taken between the hours of 9:00 – 15:30 at all offices on the above days.

ちゅうい  
ひったくりにご注意ください！  
**Beware of Snatch and Run Crimes!**

There were 2,188 snatch and run crimes reported in Chiba Prefecture in 2010, making it the worst in the nation. 427 of the crimes reported took place in Chiba City. These crimes have been taking place in all areas of the city, and are a danger to everyone, as they have the potential to escalate into more serious crimes and cause neighborhood instability.

**Crime Statistics:**

- 90% of victims are female.
- 35% of victims are over the age of 60.
- 50% of crimes take place between 18:00-24:00.
- Most of the time, the criminal will approach from behind on a bicycle or motorcycle and grab the purse/bag as they pass by.

Please take the following precautions to avoid becoming a victim of snatch and run crimes:

- When walking, wear your bag on the opposite side from traffic
- Carry your bag slung over your shoulders, instead of hanging from one shoulder only.
- Put a net over the top of your bicycle basket.
- Check your surroundings and walk in brightly lit areas, even if it takes longer.
- If a bicycle or motorcycle approaches from behind, turn around.
- Be particularly careful after leaving a bank or ATM.

Information: かくけいさつしよ 各警察署 Each Police Station

Chiba Chuo: (244) 0110 Chiba East: (233) 0110  
Chiba West: (277) 0110 Chiba South: (291) 0110  
Chiba North: (286) 0110

ちいきしんこうか 地域振興課 Regional Promotion Section

Tel: (245) 5264 Fax: (245) 5550 Homepage: [www.city.chiba.jp/shimin/shimin/chiikishinko/](http://www.city.chiba.jp/shimin/shimin/chiikishinko/)

がつ く やくしよきゅうじつかいちょうび  
3月の区役所休日開庁日

**Dates of Ward Office Operation during March Holidays**

Ward offices will be open on Sunday, March 13 and Sunday, March 27 from 9:00 to 12:30. The Health and Welfare Center, Citizens Center, and Liaison Offices will not be open.

**Information:** Contact the General Affairs Section of your local Ward Office.

Chuo: (221) 2111 Wakaba: (233) 8111  
Hanamigawa: (275) 6111 Midori: (292) 8111  
Inage: (284) 6111 Mihama: (270) 3111  
Ward Administration Section: Tel: (245) 5134 Fax: (245) 5543

ぶんべつ はいしゅつ まも  
ごみの分別・排出ルールを守りましょう！

**Properly Separate and Dispose of Trash!**

Chiba City is attempting to reduce its waste output by 1/3, and in order to do so, requires the help of each resident in properly separating and disposing of their household trash. Garbage is separated by material and disposal date, so please confirm the rules and locations for trash disposal in your neighborhood and follow the guidelines set forth by the city.

You can confirm your disposal dates in the “Chiba City Trash Disposal Guidelines,” which is published every year and made available at ward offices, Civic Centers, Community Centers, Libraries, Recycle Plazas, Train stations, etc. The specific dates differ by ward, so be sure to choose the correct document. As of Friday, April 1, residents who do not follow the guidelines will be reprimanded for infractions.

**4 Rules for Trash Separation and Disposal:**

1. Separate your trash before disposing.
2. Throw garbage away only at the designated locations.
3. Please dispose of your trash before 8 a.m. on the designated disposal day.
4. Be sure to throw things away in the proper container or bag (ones designated by the city).

Information: しゅうしゅうぎょうむか  
収集業務課 Waste Collection Operations Section

Tel: (245) 5246 Fax: (245) 5477 Email: [shushugyomu.ENO@city.chiba.lg.jp](mailto:shushugyomu.ENO@city.chiba.lg.jp)

Homepage: [www.city.chiba.jp/kankyo/kankyojigyo/shushugyomu/](http://www.city.chiba.jp/kankyo/kankyojigyo/shushugyomu/)

はじ ぶんべつ はいしゅつ しどうせいど  
始まります！ごみの分別・排出ルールの指導制度

**Garbage Disposal • Separation Guidance System will be Implemented!**

Beginning April 1, a system for enforcing garbage separation and disposal guidelines will be enacted. This system will allow the city to identify and reprimand residents who do not cooperate with rules for trash disposal.

The system will follow the following procedure:

- ① Improperly disposed garbage will be opened and investigated in order to determine who threw it out.
- ② Guidance Staff will visit the person's home and instruct them about how to throw their trash away.
- ③ If the person still does not comply with disposal rules, they will receive a warning about their behavior.
- ④ If the warning/guidance are ignored, the person will receive a command to comply with disposal rules.
- ⑤ If the individual violates disposal rules at any point for one year following the receipt of a command to comply, they will be fined ¥2,000 per offense. If it is a business or organization that violates these rules, the name of the organization/business will be publicly announced.

\*Inspections in step 1 will proceed from neighborhoods with high rates of improper trash disposal.

## **HEALTH CARE**

じょせい けんこうそうだん  
女性のための健康相談

**Health Consultations for Women**

**Phone Consultations:** Speak to a health specialist between Mon-Fri from 9:00-16:00 (closed holidays).

**In-Person Consultations:** See a gynecologist on Wednesday, March 23 from 13:00 – 15:20 at the City Public Health Office (1 Saiwaicho, Mihama-ku). Call the number below for an appointment.

Information: しほけんじょほけんしどうか  
市保健所保健指導課 City Public Health Office Health Guidance Section

Tel: (238) 1220 Fax: (238) 9946

りょう びょうじ びょうごじほいく  
ご利用ください！ 病児・病後児保育

**Please Make Use of the Child Care Program for Sick or Recovering Children**

- What:** If a child is ailing or recovering from sickness, and the guardians or parents are unable to care for that child due to work or illness, a doctor may recommend that the child be approved for admission to a child care center associated with a medical facility.
- Target:** Infants to children enrolled in grades 1 through 3 of elementary school who live or attend pre-school/kindergarten/school in Chiba City.
- When:** Weekdays from 8:00 – 18:00, and Saturdays from 8:00 – 13:00.
- Fee:** ¥2,000 per day, but ¥1,200 for 6 hours or less (Tax-exempt households may receive a discount).
- Note:** For more information on conditions for admission/applying, please contact the appropriate number below. In order to properly care for your child, we will need a history of their illness and immunizations, etc. Please confirm these details with the facility you would like to enroll your child in, first.

<b>Facilities for the Care of Sick or Recovering Children</b>			
Ward	Name of Facility	Telephone	Closed on
Chuo	Mirue Internal Medicine and Pediatrics “Yurikago-en”	(202) 5511	Thu/Sun/Holidays
Hanamigawa	Iwata Kodomo Clinic “Usagi no Ana”	(274) 7431	Thu/Sun/Holidays
Inage	Konno Pediatric Hospital “Pinocchio”	(256) 8779	Thu/Sun/Holidays
Wakaba	Shimizu Pediatrics	(237) 6660	Wed/Sun/Holidays
Midori	Sato Pediatric Hospital “Bambino”	(293) 2503	Wed/Sun/Holidays
	Manako Children’s Clinic “Poppins Room”	(226) 9920	Thu/Sun/Holidays
Mihama	Oota Pediatrics/Cardiovascular Care “Milky”	(303) 1715	Thu/Sun/Holidays

**Information:** ほいくうんえいか 保育運営課 Child Care Administration Section  
 Tel: (245) 5727 Fax: (245) 5894 Homepage: [www.city.chiba.jp/kodomomirai/kodomomirai/unei/](http://www.city.chiba.jp/kodomomirai/kodomomirai/unei/)

ちば しきゅうきゅういりょう  
千葉市救急医療サービス

**Chiba City Emergency Medical Services**

◆ やかん きゅうじつしんりょう 夜間・休日診療 Night Time, Holiday Examinations

	Night Examinations	Holiday Examinations
	Kaihin Hospital Night Emergency Examination	General Health Medical Center Holiday Emergency Medical Examination Center
Telephone	279-3131	238-9911
Open	Every day	Sundays, National Holidays, Year End Holidays
Location	3-31-1 Isobe, Mihama-ku	1-3-9 Saiwaicho, Mihama-ku
Reception time		8:30 – 11:30, 13:00 – 16:30
Examination hours	Monday to Friday 19:00 – 6:00 (next day) Sat, Sun & Holidays, Year End Holidays 18:00 – 6:00 (next day)	9:00 – 17:00
Divisions	Internal, Pediatric Medicine	Internal, Pediatric, Trauma, Orthopedic Surgery, Eyes/Nose/Throat, Optometry, Dental Medicine

◆救急医療テレホンサービス Emergency Medical Hotlines

	General Health Medical Center	Emergency Doctor on Call for Holiday Obstetric and Gynecological Care	Guidance for Medical Facilities Open at Night	Medical Facilities on Duty for Nighttime Emergency Trauma Treatment
Tel.	244-5353	244-0202	246-9797	244-8080
Open	Sundays, National Holidays, Year End Holidays	Sundays, National Holidays, Year End Holidays	Monday to Saturday	Every day
Time	8:00-16:15	8:00-17:00	17:30-19:30	8:00-6:00(next day)
What	Reception/exam hours, units, place	Information for the doctor on call	Information on medical facilities open at night	Information for the doctor on call
How	Automated answering system	Automated answering system	Speak to a nurse	Automated answering system

◆こども急病電話相談 Telephone Consultation Service for Children with sudden illness  
(Speak to a pediatric doctor or nurse) Dial #8000 or 242-9939. Every day from 19:00 - 22:00

「エイズ」・「クラミジア」相談  
AIDS and Chlamydia Consultation Services

**Consultations:** Every Tuesday from 10:00 to 12:00, 13:00 to 16:00 (phone consultation available)  
Every Wednesday from 14:00 to 17:00 (phone consultation available)  
Every fourth Tuesday from 18:00 to 20:00 (in person only)

**Where:** 市保健所 (美浜区 幸 町 1) City Public Health Office (1 Saiwaicho, Mihama-ku)

※Consultations are anonymous, and are administered by professional counselors.

**Information:** 市保健所感染症対策課 City Public Health Office, Infectious Diseases Control Section  
Tel: (238) 9974 Fax: (238) 9932

## EVERYDAY LIFE

子育てママのおしゃべりタイム  
Chit-Chat Time for Mothers

**Who:** Those in the process of raising children

**When:** 10:00 to 12:00 (please feel free to drop in anytime)

Ward	Date & Public Center	Information
Chuo	3/14 (Mon) Matsugaoka Public Center	Matsugaoka Public Center Tel: (261) 5990
Hanamigawa	3/24 (Thu) Makuhari Public Center	Makuhari Public Center Tel: (273) 7522
Inage	3/18 (Fri) Konakadai Public Center	Konakadai Public Center Tel: (251) 6616
Wakaba	3/24 (Thu) Mitsuwadai Public Center	Chishirodai Public Center Tel: (237) 1400
Midori	3/14 (Mon) Honda Public Center	Honda Public Center Tel: (291) 1512
Mihama	3/18 (Fri) Takahama Public Center	Inahama Public Center Tel: (247) 8555



へいせい ねんど せいとほしゅう きょうしつ  
平成 22 年度の生徒募集・おさらい教室

**Recruiting Students for 2011's "Osarai Kyoshitsu" (Remedial Course)**

- What:** A retired teacher will go over basic class materials with your child.
- When:** 4 times a month, beginning in April (for details, reference the table below)
- Capacity:** 10 individuals per class (first-come, first-serve)
- Fee:** Elementary School: ¥2,500 a month per subject  
Middle School: ¥3,500 a month per subject
- ※Elementary school textbook fees are not included in the above fee.
- Apply:** Contact the number listed below.
- Information:** 市シルバー人材センター Chiba City Silver Human Resource Center  
Tel: (265) 0070 Fax: (265) 0048

	Day	Grade	Subject	Time
Chuo Ward	Suehiro Classroom (Chiba City Silver Human Resource Center)			
	Tue	Elementary 3 <sup>rd</sup> & 4 <sup>th</sup> Year	Arithmetic	16:30 – 17:30
			Japanese Language (Kokugo)	17:30 – 18:30
		Middle 1 <sup>st</sup> to 3 <sup>rd</sup> Year	Math	17:00 – 18:30
	Thu	Elementary 5 <sup>th</sup> & 6 <sup>th</sup> Year	Arithmetic	16:30 – 17:30
			Japanese Language (Kokugo)	17:30 – 18:30
Middle 1 <sup>st</sup> to 3 <sup>rd</sup> Year		English	17:00 – 18:30	
Hanamigawa Ward	Hanamigawa Classroom (Hanamigawa Danchi Assembly Room 3)			
	Sat	Elementary 3 <sup>rd</sup> to 6 <sup>th</sup> Year	Arithmetic	14:00 – 15:00
			Japanese Language (Kokugo)	15:00 – 16:00
		Middle 1 <sup>st</sup> to 3 <sup>rd</sup> Year	Math	16:00 – 17:30
English			17:30 – 19:00	
Masago Classroom (Masago Community Center)				
Mihama Ward	Sat	Elementary 3 <sup>rd</sup> & 4 <sup>th</sup> Year	Arithmetic	12:00 – 13:00
			Japanese Language (Kokugo)	13:00 – 14:00
		Elementary 5 <sup>th</sup> & 6 <sup>th</sup> Year	Arithmetic	14:00 – 15:00
			Japanese Language (Kokugo)	15:00 – 16:00
		Middle 1 <sup>st</sup> & 2 <sup>nd</sup> Year	Math	16:00 – 17:30
English	17:30 – 19:00			

りょう  
ご利用ください・家庭的保育事業

**Make Use of the Home Childcare Program**

- What:** Children between the ages of three months and three years of age may be enrolled in the Home Childcare Program, which allows child care specialists to look after children in their own home, instead of at a facility.
- Criteria:** The child to be enrolled must be between three months and three years of age and be a registered resident of Chiba City. The child's guardian and any housemates must be able to prove the necessity of daycare services (for work, health, or other reasons).



- When:** Four days a week or more (Monday through Saturday only) for five hours or more between 8:00 - 17:00. For more than five hours of care per day, please consult with the staff first.
- Fee:** 70% of the cost of regular daycare services. Extended hours for care and costs for food are separate. Children may bring their own lunches.
- Apply:** Call your local Health and Welfare Center's Child and Domestic Affairs Section.
- Information:** ほいくうんえいか  
 保育運営課 Child Care Administration Section  
 Tel: (245) 5727 Fax: (245) 5894 Email: [unei.CFC@city.chiba.lg.jp](mailto:unei.CFC@city.chiba.lg.jp)  
 Homepage: [www.city.chiba.jp/kodomomirai/kodomomirai/unei/](http://www.city.chiba.jp/kodomomirai/kodomomirai/unei/)

ちょうないじちかい かにゆう  
 みんなの「ちから」で「まち」づくり・町内自治会に加入しましょう  
**Building a Better City Together • Join Your Neighborhood Organization!**

What do you think of when you hear the word “*jichikai* (自治会)?” This is your local, neighborhood organization that works to provide a safe, comfortable environment for all residents. The neighborhood association is involved in many programs, such as emergency evacuation practices, safety patrols, crime prevention teams, community newsletters (*kairan*), and other fun events. Joining your local *jichikai* creates stronger community bonds, and a role for you to influence the way your neighborhood is organized.

Joining a *jichikai* has no specific merits or demerits to consider. Try to think of it as an opportunity to have a say in your community, and to help work towards resolving issues posed by an aging population, increasing crime rates, etc. Please feel free to drop by any meetings or inquire if you are interested in participating.

**Information regarding creating a neighborhood association or joining one:**

かくくやくしよちいきしんこうか  
 各区役所地域振興課 Each Ward Office's Regional Promotion Section

Chuo Ward	Tel: (221) 2105	Fax: (221) 2179
Hanamigawa Ward:	Tel: (275) 6203	Fax: (275) 6719
Inage Ward	Tel: (284) 6105	Fax: (284) 6149
Wakaba Ward	Tel: (233) 8122	Fax: (233) 8163
Midori Ward	Tel: (292) 8105	Fax: (292) 8159
Mihama Ward	Tel: (270) 3122	Fax: (270) 3192

**Information regarding the system of *jichikai* or general rules:**

ちいきしんこうか  
 地域振興課 Regional Promotion Section (Chiba City Hall)  
 Tel: (245) 5138 Fax: (245) 5550 Email: [chiiki.CIC@city.chiba.lg.jp](mailto:chiiki.CIC@city.chiba.lg.jp)  
 Homepage: [www.city.chiba.jp/shimin/shimin/chiikishinko/](http://www.city.chiba.jp/shimin/shimin/chiikishinko/)

## EVENTS

えんげいし ぜん  
 サイエンス演芸師「善ちゃん」のサイエンスショー  
**Come See “Science Entertainer” Zen-chan’s Science Show**

- What:** Zen-chan, the “Science Entertainer” will put on a spectacular show designed to reveal the secrets of science, using everyday materials.
- When:** Friday, March 25 from 14:00 – 15:00
- Where:** Chiba City Friendship Center for Children (4 Chuo, Chuo-ku, inside Qiball)
- Target:** Elementary School Students (guardians/parents may accompany children)

**Capacity:** 220 individuals (first come, first serve)  
**Apply:** By phone to the Economic Planning Section by phone or fax (numbers below). Be sure to include your name, address, grade in school, and phone number.  
**Information:** はつめいきょうかい 発明協会 Invention Association  
Tel: 03 (3502) 5448  
けいざいきかくか 経済企画課 Economic Planning Section  
Tel: (245) 5275 Fax: (245) 5558 Email: [ipu@city.chiba.lg.jp](mailto:ipu@city.chiba.lg.jp)

しょうがいがくしゅう 生涯学習 えいがじょうえいかい 映画上映  
生涯学習センター映画上映会

### Lifelong Learning Center's Movie Night Schedule

① Parent and Child Anime Screening "With Helen, Annie Sullivan" and Others.

**When:** Saturday, March 12 at 10:00 and 14:00.

② Wednesday Classic Cinema "Jane Eyre"

**When:** Wednesday, February 16 at 10:00 and 14:00.

③ Classic Movie Night "Stage Fright"

**When:** Sunday, February 27, at 10:00 and 14:00.

※Admission begins 30 minutes prior to each showing for all shows. First-come, first-serve.

**Capacity:** ① and ③ 80 individuals, ② 250 individuals

**Information:** しょうがいがくしゅう 生涯学習センター (中央区弁天3) ちゅうおうくべんてん Lifelong Learning Center (Closed every 4<sup>th</sup> Monday of the month)  
Tel: (207) 5823 Fax: (207) 5822

## COUNSELING

がいこくじん 外国人 ほうりつそうだん のための法律相談  
外国人のための法律相談

### Legal Consultation for Foreign Residents

**When:** Monday, March 28 from 13:00 to 16:00

**Where:** こくさいこうりゅう 国際交流プラザ International Communication Plaza (Chuo 2, Chuo-ku)

**What:** Consultation with a lawyer. You may not ask for advice about cases currently in trial. Those requiring an interpreter must request one when making an appointment.

**Capacity:** 8 people, consultations are first come, first serve.

**Information:** ちばしこくさいこうりゅうきょうかい 千葉市国際交流協会 Chiba City International Association  
Tel: (202) 3000 Fax: (202) 3111

とくせつほうりつそうだん  
特設法律相談

### Special Legal Consultations

**What:** Speak to an attorney. Cases currently being tried in court or in arbitration will not be accepted. An appointment is necessary. 16 individuals maximum.

**When:** Saturday, March 12 from 13:00 – 16:00

**Where:** Consultations will be held at the Chuo Community Center 2F.

**Apply:** Call for an appointment after Thursday, March 3 at 9:30.

**Information:** しみんそうむか 市民総務課 General Affairs Section of the Citizens' Affairs Bureau  
Tel: (245) 5609 Fax: (245) 5155

しゃかいほけんろうむしそудん  
社会保険労務士相談

**Consultation by Certified Social Insurance Labor Consultants**

- What:** Receive advice on labor, social insurance and pensions. Phone consultations available.
- When:** Tuesday, March 22 from 10:00 – 16:00. Come directly on the day of.
- Where:** けんしんりんかいかん  
県森林会館 Prefectural Shinrin Hall, Room 304 (1 Nagazu, Chuo-ku)
- Information:** けんしゃかいほけんろうむしかい  
県社会保険労務士会  
Prefectural Organization of Certified Social Insurance Labor Consultants  
Tel: (224) 9027 Fax: (224) 9058  
しみんそうむか  
市民総務課 General Affairs Section of Citizens' Affairs Bureau  
Tel: (245) 5156

じんけんようごいいんとくせつそудん  
人権擁護委員特設相談

**Human Rights Consultation Services**

- What:** Issues regarding human rights such as discrimination, bullying, defamation, etc.
- When:** Every Tuesday, 10:00 – 15:00 (phone consultation not available)
- Where:** ちゅうおう  
中央コミュニティーセンター2階 Chuo Community Center 2F
- Contact:** ほうむきよくじんけんようごか  
法務局人権擁護課 Law Bureau, Human Rights Section Tel: (302) 1319
- Information:** しみんそうむか  
市民総務課 General Citizen's Affairs Section  
Tel: (245) 5153 Fax: (245) 5155

たじゅうさいむしやとくべつそудん  
多重債務者特別相談

**Consultations for those with Multiple Debts**

- What:** Consult with an attorney regarding debts (30 minutes per person). Consultations must be made by the debtor, in person. Call the number below for an appointment. 6 individuals max.
- When:** Thursday, March 10 and 24 from 13:00 – 16:00.
- Where:** Consumer Affairs Center (1 Benten, Chuo-ku)
- Information:** しょうひせいかつ  
消費生活センター Consumer Affairs Center  
Tel: (207) 3000 Fax: (207) 3111

けんこう そудん  
こころの健康センターの相談

**Consultations at the Kokoro no Kenko (Mental and Emotional Health) Center**

**Alcohol and Drug Abuse Consultation**

- When:** Thursday, March 17 from 15:00 – 17:00

**Mental Health Consultations**

- When:** Monday, March 14 from 14:00 – 16:00

※ All consultations are with a licensed professional and require an appointment.

- Information:** けんこう みはまくたかほま  
こころの健康センター (美浜区高浜2) Kokoro no Kenko Center (2 Takahama, Mihama-ku)  
Tel: (204) 1582 Fax: (204) 1584

しんぱい そうだん じょうせつそうだん  
心配ごと相談 (常設相談)

**Consultation Services (Permanent Consultation)**

- What:** Consult with a welfare commissioner or a children's welfare commissioner.  
**When:** Monday through Friday from 10:00 – 15:00 (except public holidays).  
**Where:** Shinpaigoto Soudanjo (Harmony Plaza, Chibaderacho, Chuo-ku)  
**Information:** ししゃかいふくしきょうぎかいしんぱい そうだんじょ  
市社会福祉協議会心配ごと相談所 City Social Welfare Council Shinpaigoto Soudanjo  
Tel: (209) 8860 Fax: (209) 8866 (Phone and in person consultations are available)

ちばし にほんご そうだんまどぐち  
千葉市の日本語の相談窓口

**Chiba City's Consultation Services in Japanese**

- Receive advice (in Japanese) regarding daily life, accidents, city government, etc. at the Citizens' consultation rm. of the Chuo Community Center 2F or any ward office. Consultation days vary by question.
- For more details, ask at the Public Hearing and Consultation Desk, Community Promotion Section, of the Chuo Community Center 2F, or at the Consultation Desk, Community Promotion Section at any ward office (in Japanese). If you do not speak Japanese, please bring an interpreter.

Public Hearing and Consultation Desk, Community Promotion Section	Tel: (245) 5140		
Consultation Desk, Community Promotion Section, Chuo Ward Office	Tel: (221) 2106		
Community Promotion Section, Hanamigawa Ward Office	Tel: (275) 6213		
Inage Ward Office	Tel: (284) 6106	Wakaba Ward Office	Tel: (233) 8123
Midori Ward Office	Tel: (292) 8106	Mihama Ward Office	Tel: (270) 3123