



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

さいがいに  
災害時には…

## During an Emergency, You Should...

1	During an Earthquake (appx. 1 min.)	<b>Protect Yourself!</b>
		<ul style="list-style-type: none"> <li>• Get under something sturdy like a table and protect yourself from falling objects. Cover your head.</li> <li>• Open a door that goes outside and secure an exit out of your home.</li> <li>• Calmly wait until the shaking stops to take your next step.</li> </ul>
2	Immediately After an Earthquake (1-3 min.)	<b>Check for fire when the shaking stops!</b>
		<ul style="list-style-type: none"> <li>• Turn off all sources of fire (gas stoves, ranges, etc.)</li> <li>• Turn off gas valves and unplug electronic devices. Drop any breakers.</li> </ul>
3	Hours Later (3 min. – several hours)	<b>Help your neighbors!</b>
		<ul style="list-style-type: none"> <li>• Help put out any fires and assist those around you in evacuating.</li> <li>• Work with your community to assist the elderly and disabled.</li> <li>• Teach others how to use the Emergency Message Board/Telephone Service to communicate their safety to loved ones and friends.</li> </ul>
4	Much Later (hours later – 3 days later)	<b>Make Preparations to be Self-Sufficient!</b>
		<ul style="list-style-type: none"> <li>• Prepare enough food, water, and things like flashlights so that you can be self-sufficient for two or three days after an emergency occurs.</li> </ul>

せつでん きょうりょく  
節電へご協力を!

## Please Help Conserve Energy

Massive power shortages have occurred in the Kanto region as a result of the failure of the Fukushima Daiichi Nuclear Power Plant after the Eastern Japan Earthquake. Please try to limit your use of electricity, and when not using them, please turn off your television, lights, and other electronic devices. In addition, please unplug any electronic appliances from outlets in order to prevent damage should a power outage or surge occur. For more information about planned power outages, please see: <http://www.city.chiba.jp/>

しょうがいしゃ かくしゅふくしてあて しんせい はや  
障害者の各種福祉手当・申請はお早めに!

## Apply Soon for Welfare Assistance for Disabled Persons

Chiba City provides several types of welfare assistance for individuals with disabilities. You must apply to receive assistance, so please do so as soon as possible if you are included in one of the following categories.

Assistance	Applicable Individuals	Amount	Those who <u>cannot</u> receive this type of assistance
Dependent Allowance *Special Child/	<ul style="list-style-type: none"> <li>• Physical Disability 1<sup>st</sup>-3<sup>rd</sup> Lv., and some 4<sup>th</sup> Lv. (internal disabilities such as impairment of cardiovascular function determined separately)</li> <li>• Mental handicap Lv. A – most of B1</li> <li>• Children with emotional handicaps (same levels as above)</li> </ul>	Lv. 1 (Severe): ¥50,550/mo.  Lv. 2 (Moderate): ¥33,670/mo.	<ul style="list-style-type: none"> <li>• Admitted in a facility</li> <li>• Income is greater than the maximum amount allowed (personal or that of their caregiver)</li> <li>• Disability pension payment recipients</li> </ul>

*Welfare Allowance for Children w/ Special Needs	Under 20	<ul style="list-style-type: none"> <li>Physical Disability some Lv. 1&amp;2</li> <li>Mental Handicap Lv. A</li> <li>Emotional Handicap (in need of care at all times)</li> </ul>	¥14,330/mo.	<ul style="list-style-type: none"> <li>Admitted in a facility</li> <li>Income is greater than the maximum amount allowed (personal or that of their caregiver)</li> <li>Receiving disability pension payments</li> <li>Receiving municipal social welfare</li> </ul>
*Special Disability Allowance	Over 20	<ul style="list-style-type: none"> <li>Those in need of care at all times due to having more than one severe disability</li> </ul>	¥26,340/mo.	<ul style="list-style-type: none"> <li>Admitted in a facility</li> <li>Hospitalized for over 3 months</li> <li>Income is greater than the maximum amount allowed (personal or that of their caregiver)</li> <li>Receiving municipal or national social welfare</li> </ul>
Social Welfare Municipal	Under 20	<ul style="list-style-type: none"> <li>Physical Disability Lv. 1&amp;2</li> <li>Physical Disability Lv. 3 – 6 and have been mostly bed-ridden for 6+ months.</li> <li>Mental Disability A – most of B1</li> <li>Emotional Disability Lv. 1</li> </ul>	① ¥7,000/mo. (excluding ②) ② If more than one of the following applies to you, ¥10,500/mo.	<ul style="list-style-type: none"> <li>Receiving Allowance for Children with Special Needs</li> </ul>
	Over 20	<ul style="list-style-type: none"> <li>Physical Disability Lv. 1</li> <li>Physical Disability Lv. 2 – 6 and have been mostly bed-ridden for 6+ months</li> <li>Mental Disability A – most of B1</li> <li>Emotional Disability Lv. 1</li> </ul>	A. Physical Disability Lv. 1&2 B. Mental Disability A-A2 C. Emotional Disability Lv. 1	<ul style="list-style-type: none"> <li>Admitted in a facility</li> <li>Hospitalized for over 3 months</li> <li>Receiving special disability allowance or national social welfare</li> </ul>

\* Assistance types that are marked with an asterisk have had the amounts revised as of April, 2011. These types of allowances are also limited to those who meet income requirements. In order to apply, you must report the recipient (and caregiver's) income, and any allowances/aid being given every year between August 11 and September 10. For more information, please see the informational letter, sent out in August.

**Information:** かくほけんふくし こうれいしょうがいしえんか  
各保健福祉センター高齢障害支援課

Each ward office's Public Health and Welfare Center's Senior Citizens' and Disabled Persons' Support Section

Chuo: (221) 2152

Hanamigawa: (275) 6462

Inage: (284) 6140

Wakaba: (233) 8154

Midori: (292) 8150

Mihama: (270) 3154

しょうがいしゃじりつしえんか

障害者自立支援課 Self-Reliance Support for Disabled Persons Section

Tel: (245) 5173

Fax: (245) 5549

Email: [shogajiritsu.HWS@city.chiba.lg.jp](mailto:shogajiritsu.HWS@city.chiba.lg.jp)

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

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.

**Target:** Single mothers who wish to acquire professional skills or who have been unsuccessfully looking for work.

**Consult:** ぼし かてい しゅうぎょう じりつ しえん 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 : (M & F) Tel: (221) 2558                      Wakaba : (M & F) Tel: (233) 8150  
Hanamigawa : (W & F) Tel: (275) 6197              Midori: (Tu & W) Tel: (292) 8139  
Inage : (Tu & W) Tel: (284) 6139                      Mihama Ward: (M & Tu) Tel: (270) 3153

**When:** 9:00 – 15:30 on the above days.

**Information:** けんぜんいくせい 健全育成課 Wholesome Child Raising Support Section  
Tel: (245) 5179 Fax: (245) 5995 Homepage: [city.chiba.jp/cfc/kenzenikusei](http://city.chiba.jp/cfc/kenzenikusei)

しょぶん テレビを処分するとき、てきせい 適正なりサイクルを！

### Recycle your old televisions properly!

If you are disposing of a television to comply with the conversion to terrestrial digital broadcasting, please be sure to recycle it properly. You can do so by using one of the following methods:

- ① Ask an electronics store to take it for you.
- ② Ask an authorized waste collection contractor to dispose of it (you will need to pay a fee beforehand at a post office).

➤ Phoenix Metal Inc. Chiba Office (Roppo-cho 210, Inage-ku)

Tel: (423) 1148

➤ Nippon Express Inc. Chiba Chuo Office (Shinminato 153, Mihama-ku)

Tel: (243) 0071

- ③ Request a municipally approved recycling company to pick it up for you at your home:

ちば しはいきぶつ じぎょうきょうどうくみあい  
千葉市廃棄物リサイクル事業協同組合 Chiba City Waste Recycling Cooperative

Tel: (204) 5805

For more information about electronics recycling systems and fees, please call:

かでん けん  
家電リサイクル券センター Electronics Recycling Voucher Center

Tel: 0120 – 319640

Homepage: <http://www.rkc.aeha.or.jp>

Please note: Televisions are categorized separately from oversized garbage, please follow the instructions above to dispose of your televisions. Please also beware of companies that try to charge you very large fees at the time of collection; this is illegal and not recognized by Chiba 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.ENR@city.chiba.lg.jp](mailto:shushugyomu.ENR@city.chiba.lg.jp)

## HEALTH CARE

じよせい けんこうそうだん  
女性のための健康相談

### Health Consultations for Women

**What:** Consult about female hormones, mental or physical health problems, etc.

**Phone Consultations:** Speak to a health specialist between Mon-Fri from 9:00-12:00 and 13:00 – 16:00.

**Information:** けんこうしえんか 健康支援課 Health Support Section (closed holidays)

Tel: (238) 1220

Fax: (238) 9946

けんこう そうだん  
健康・相談フェスティバル

Health and Consultation Festival

- What:** Simple physical fitness tests, measurements and health consultations will be performed.  
Please wear clothing that is comfortable and easy to move in.
- Where:** Ochi Iki-iki Center (Ochi-cho, Midori-ku)
- When:** Saturday, May 14 and Sunday, May 15 from 10:00 – 11:45, and 13:00 – 15:30
- Target:** Chiba city residents aged 60 and over, or those with consultations regarding the elderly.
- Information:** おち 越智いきいきセンター Ochi Iki-iki Center  
Tel: (205) 1290 Fax: (205) 1291

かんえんけんさ う がっ げつ にち かんぞうしゅうかん  
肝炎検査を受けましょう！ 5月16（月）～22（日）は肝臓週間です

May 16 – 22 is Liver Week – Pneumonia Examinations Will be Offered at No Cost

Chiba City will offer free liver examinations for residents from May 16 – 22 to raise awareness of liver conditions and how people can safeguard their health. People with pneumonia often do not realize they are ill, and can get very sick without any warning. If, however, you can catch the illness before it becomes serious, you can also help prevent or delay the spread of cirrhosis or cancer. Even if you do not have any symptoms, you should undergo a liver examination at least once.

① For those over the age of 40 who have never had a liver examination before:

**Where:** Participating medical facilities in Chiba City

For those over the age of 40 who are ages 40, 45, 50, etc. in multiples of 5 will automatically be sent a voucher to receive an examination and do not need to apply. Those who are over the age of 40 but who are not an age that is a multiple of 5 must apply directly at the number below. Your “age” is determined as how old you will be as of March 31, 2012.

**Apply:** By phone to the けんこうしえんか 健康支援課 Health Support Section  
Tel: (238) 9930 Fax: (238) 9946

② For those under the age of 40

**Where:** Municipal Public Health Office (1 Saiwai-cho, Mihama-ku)

**When:** Every 2<sup>nd</sup> Tuesday from 9:30 – 10:30 (appointment required)

**Apply:** By phone up until the day before the exam to the:  
しほけんじょかんせんしやうたいさくか 市保健所感染症対策課 Municipal Public Health Office Infectious Diseases Control Section  
Tel: (238) 9974 Fax: (238) 9932

ま ふう よぼうせつしゅ う  
麻疹・風しんの予防接種を受けましょう

Please Vaccinate Against Measles and Rubella

**What:** Vaccinations against Measles and Rubella are being performed for those in the following stages:

Stage 1: 1 year of age

Stage 2: Children entering school next April

Stage 3: 1<sup>st</sup> year Middle School students

Stage 4: 3<sup>rd</sup> year High School students

※ Information regarding scheduling an appointment can be picked up at your local hospital or medical clinic. Please complete these vaccinations in a timely manner.

**Information:** しほけんじょかんせんしやうたいさくか 市保健所感染症対策課 City Public Health Office, Section for the Control of Infectious Diseases

All services are in Japanese only unless otherwise noted. (043) is the area code for Chiba City.

Tel: (238) 9941

Fax: (238) 9932

「エイズ」・「クラミジア」そうだん相談

### AIDS and Chlamydia Consultation Services

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

**Where:** しほけんじよ みはまくさいわいちよう 市保健所 (美浜区 幸 町 1) City Public Health Office (1 Saiwai-cho, Mihama-ku)

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

**Information:** しほけんじよかんせんしやうたいさくか 市保健所感染症対策課 City Public Health Office, Infectious Diseases Control Section  
 Tel: (238) 9974 Fax: (238) 9932

ちほしきゆうきゆういりよう  
 千葉市救急医療サービス

### Chiba City Emergency Medical Services

◆やかん きゆうじつしんりよう 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

◆きゆうきゆういりよう 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

All services are in Japanese only unless otherwise noted. (043) is the area code for Chiba City.

How	Automated answering system	Automated answering system	Speak to a nurse	Automated answering system
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◆<sup>きども</sup> <sup>きゅうびょうでんわさうだん</sup> 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

## EVERYDAY LIFE

<sup>き</sup> <sup>み</sup> <sup>はな</sup> <sup>ちばかさい</sup> <sup>りこん</sup> <sup>あた</sup> <sup>えいきょう</sup>  
来て、見て、話そう千葉家裁 「離婚が子どもに与える影響」  
Come Discuss the “Effects of Divorce on Children”

**What:** Talk about how children are negatively impacted by divorcing parents and what adults should be careful of when proceeding with a divorce.

**When:** Wednesday, May 25 from 13:30

**Where:** Chiba Family Courthouse (4 Chuo, Chuo-ku)

**Capacity:** 60 individuals (first-come, first-serve)

**Apply:** By phone at the number below.

**Information:** <sup>ちばかていさいばんしょそうむか</sup> 千葉家庭裁判所総務課 Chiba Family Courthouse General Affairs Section  
Tel: (222) 0165  
<sup>しみんそうむか</sup> 市民総務課 Citizens General Affairs Section  
Tel: (245) 5156 Fax: (245) 5155

<sup>おやこ</sup> <sup>あそ</sup>  
親子でワイワイ遊ぼう  
Child and Family Play Time

**Target:** Parents and children aged 1 – 2.

**When:** 10:00 – 11:30 on Thursday, May 26, June 9, June 23, and July 14.

**Where:** Shiina Public Center (290-1 Tomioka-cho Midori-ku)

**Apply:** In-person after Tuesday, May 3 or by phone.

**Capacity:** 15 families (first-come, first-serve)

**Information:** <sup>しいなこうみんかん</sup> 椎名公民館 Shiina Public Center  
Tel: (292) 0210

<sup>おやこ</sup> <sup>きょうしつ</sup>  
親子ふれあい教室  
Children’s Learning and Parental Instruction Class

**Target:** 2 year olds and their guardians

**When:** Fridays, between May 13 and Jun 3 from 10:00 – 12:00

**Where:** Utase Public Center (2-13 Utase, Mihama-ku)

**Apply:** In-person after Friday, May 6 or by phone.

**Capacity:** 15 pairs

**Information:** <sup>うたせこうみんかん</sup> 打瀬公民館 Utase Public Center  
Tel: (296) 5100

<sup>こそだ</sup>  
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	5/16 (Mon) Shinjuku Public Center 5/23 (Mon) Miyazaki Public Center	Matsugaoka Public Center Tel: (261) 5990
Hanamigawa	5/12 (Thu) Makuhari Public Center 5/26 (Thu) “ “ “	Makuhari Public Center Tel: (273) 7522
Inage	5/13 (Fri) Chigusadai Public Center 5/27 (Fri) Kusano Public Center	Konakadai Public Center Tel: (251) 6616
Wakaba	5/12 (Thu) Sakuragi Public Center 5/26 (Thu) Mitsuwadai Public Center	Chishirodai Public Center Tel: (237) 1400

## EVENTS

### 2011 ホームタウンふれあいフェスタ 2011 Hometown Fureai Festa

- What:** JEF Chiba footballers will play mini-games and teach football skills to kids. You can also get autographs from the players! The event will be cancelled in the event of rain.
- When:** Sunday, June 5 from 14:00 – 16:00
- Where:** Fukuda Denshi Arena
- Target:** Elementary school students who are residents of / go to school in Chiba City.
- Capacity:** 200 individuals. There will be a lottery in the event of an excess of applications.
- Cost:** ¥100 per person (paid on the day of)
- Apply:** Send a post card by Friday, May 13 that lists your address, name, telephone number, names of all the people participating in your group (must be less than 10) and their grade levels in school to: 〒260-8722 ちばしやくしよこうえんかんりか 千葉市役所公園管理課「ふれあいフェスタ」係 かかり
- Note:** Parents and guardians may watch from the stands, but cannot participate.
- Information:** こうえんかんりか 公園管理課 すいしんしつ ホームタウン推進室 Parks Management Section Hometown Promotion Office  
Tel: (245) 5897 Fax: (245) 5886 Email: [kanri.URP@city.chiba.lg.jp](mailto:kanri.URP@city.chiba.lg.jp)

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

#### Lifelong Learning Center's Movie Night Schedule

- ① Parent and Child Anime Screening “The Crow who was a Baker” and Others.

**When:** Saturday, May 14 at 10:00 and 14:00.

- ② Wednesday Classic Cinema “Little Women”

**When:** Wednesday, May 18 at 10:00 and 14:00.

- ③ Classic Movie Night “Shanghai Express”

**When:** Sunday, May 22, 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 ちゅうおうくべんてん (中央区弁天3) Lifelong Learning Center (3 Benten, Chuo-ku)  
(Closed every 4<sup>th</sup> Monday of the month) Tel: (207) 5823 Fax: (207) 5822

# CONSULTATIONS

たじゅうさいむしゃとくべつそうだん  
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, May 12 and May 26 from 13:00 – 16:00.
- Information:** しょうひせいかつ消費生活センター Consumer Affairs Center (1 Benten, Chuo-ku)  
Tel: (207) 3000 Fax: (207) 3111

しんぱい そうだん じょうせつそうだん ほうりつそうだん  
心配ごと相談 (常設相談と法律相談)

## Consultation Services (Permanent and Legal Consultations)

### ① Permanent Consultation

- What:** Consult with a welfare commissioner or a children's welfare commissioner. Phone and in person consultations are available.
- When:** Monday through Friday from 10:00 – 15:00 (except public holidays).

### ② Legal Consultation

- What:** Speak to an attorney regarding legal concerns. You may not inquire about cases already on trial or in arbitration. An appointment is required, please call the number below.
- When:** Thursday, May 12 from 13:00 – 16:00.

\*Both consultations will be held at the 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

だんせい でんわそうだん  
男性のための電話相談

## Phone Consultations for Men

- What:** Male psychologist consultation for men who are struggling at home, work, or in general.
- When:** Every Friday from 18:30 – 20:30.
- Phone Number for Consultation:** (209) 8773 \*Phone information changed in May, 2011.
- Information:** だんじょきょうどうさんかくか 男女共同参画課 Section for Equal Gender Participation  
Tel: (245) 5060 Fax: (245) 5539

けんこう そうだん  
こころの健康センターの相談

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

### Mental Health Consultations for the Elderly :

- When:** Monday, May 16 from 15:00 – 17:00

### Alcohol and Drug Abuse Consultation :

- When:** Tuesday, May 17 from 14:00 – 16:00

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

- Information:** けんこう みはまくたかはま 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

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, May 28 from 13:00 – 16:00
- Where:** ちゅうおう 中央コミュニティーセンター2階 かい Chuo Community Center 2F
- Apply:** Call for an appointment after Thursday, May 19 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うだん  
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:** Monday, May 16 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うだん  
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, from 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 かい 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 Affairs Section of Citizens' Affairs Bureau  
Tel: (245) 5153 Fax: (245) 5155

せいしょうねん なや そうだん  
青少年の悩みごと相談

Youth Consultation Services

- What:** Talk to someone about juvenile delinquency, problems at school, bullying, career counseling etc.
- When:** Monday to Friday, 09:00 – 17:00 (phone consultation available)

<small>せいしょうねん</small> 青少年サポートセンター	Juvenile Guidance Center	Tel: (227) 7830
<small>けんきょういくかいかん かい</small> 県教育会館4階	Prefecture Education Hall 4F	Fax: (227) 2892
<small>どうひがしぶんしつ</small> 同東分室	Eastern Branch Office	Tel: (237) 5411
<small>ちしろだいしみん かい</small> 千城台市民センター2階	Chishirodai Civic Center 2F	
<small>どうにしぶんしつ</small> 同西分室	Western Branch Office	Tel: (277) 0007
<small>しきょういくかいかん かい</small> 市教育会館2階	City Education Hall 2F	
<small>どうみなみぶんしつ</small> 同南分室	Southern Branch Office	Tel: (293) 5811

かまとり 鎌取コミュニティセンター	Kamatori Community Center	
どうきたぶんしつ 同北分室	Northern Branch Office	Tel: (259) 1110
はなみがわし 花見川市民センター	Hanamigawa Civic Center	

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