



Chiba City ・ ちば

2013年5月号
英語版
English Edition
May 2013

発行：(公財) 千葉市国際交流協会
Issued by: Chiba City International Association
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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/>

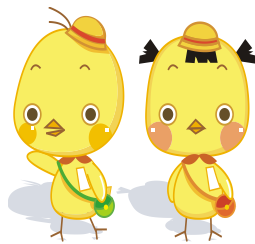
CITY NEWS

ちばし ファミリー・サポート・センター Chiba City Family Support Center

The Chiba City Family Support Center allows those looking to provide and receive childcare for children aged 3 months to elementary school 6th-graders to register as members and help each other. Members include those who would like assistance with childcare (clients), those who would like to help with childcare (caregivers), and those who would like both (client/caregivers).

Those who can become members

- ◇ Clients: Those living, working, and attending school in the city
- ◇ Caregivers and client/caregivers : Those living in the city who are in good health and enthusiastic about childcare
- ◇ Assistance provided:
 - Pickup and drop-off at Children's *Kodomo* Rooms or daycare facilities
 - Childcare after the hours at Children's *Kodomo* Rooms or daycare facilities are over
 - Other childcare required by members



※ Childcare cannot be provided when children are sick.

Hours: 6:00 - 22:00 (No overnight stays)

Fee (Per hour):

- ① Monday - Friday 7:00 - 19:00: 700 yen
- ② Weekends, holidays, year-end/New Year and times other than those listed in ①: 900 yen

Inquiry: ちばしファミリー・サポート・センター
Chiba City Family Support Center ☎201-6571

じどうぎやくたい ふせ
児童虐待を 防ぎましょう!!

きづいたら 支えて 知らせて 見守って
Prevent Child Abuse! Help. Inform. Be vigilant.
Child abuse (bullying) may be seen in families or parents who do not have close ties with the neighborhood, allowing the abuse (bullying) to continue without being noticed. Abusive parents also often have concerns that they wish they could speak to somebody about.

What you can do to help:

- ① Consult with those close to you if worried about child-raising
- ② Reach out with a kind and simple "What's wrong?" if you notice somebody is having concerns about child-raising.
- ③ If you suspect something may be child abuse, please consult with or inform the Child Guidance Center (3 Takahama, Mihama-ku) or the Child and Domestic Affairs Section at each Health and Welfare Center. All consultations and identities will be kept confidential.

じどうそうだんしょ
Inquiry : 児童相談所

Child Guidance Center ☎277-8880

こうきょうしせつ かいぼつ うみ たか
公共施設などに 海拔 (海からの 高さ) を
ひょうじ
表示しました

Elevation (Height Above Sea Level) Now
Displayed On Public Facilities, Etc.

In Chiba City there are now signs showing the elevation (height above sea level) of the area where you are. If a tsunami warning is announced, please evacuate to a high place.

If a tsunami of 10 meters enters Tokyo Bay, a tsunami of maximum 2.9 meters will reach the coast of Chiba City.

Inquiry: 危機管理課

Crisis Management Section ☎245-5151

ひとり親家庭の母・父の就業・自立を支援します

We support employment and independence in single-parent households

In order for single mothers and fathers to raise children and live independently without anxiety, Chiba City offers assistance in helping find work. Financial support for necessary training or education is also available. Specialized consultants are available for consultation at each ward's Employment and Independence Support Center for Single Mothers, etc.

Chuo Ward (Mon/Fri) ☎221-2558

Hanamigawa Ward (Wed/Fri) ☎275-6445

Inage Ward (Tue/Wed) ☎284-6139

Wakaba Ward (Mon/Fri) ☎233-8150

Midori Ward (Tue/Wed) ☎292-8139

Mihama Ward (Mon/Tue) ☎270-3153

ひとり親家庭電話相談

Phone Consultation for Single-Parent Households

Single parents who are too busy for consultations during the day or weekdays can consult about their children, lifestyles, etc. on Saturdays, Sundays, holidays, and weekday evenings.

Weekends/Holidays: 9:00 - 18:00

Weekdays: 18:00 - 21:00

Consultation: 旭ヶ丘母子ホーム

Asahigaoka Mother and Child Home ☎234-3366

Inquiry: 健全育成課

Wholesome Child Raising Support Section ☎245-5179

高齢者実態調査に協力してください

Please participate in our senior citizen survey

Chiba City is conducting a survey on present conditions to use as a reference with regard to welfare for senior citizens. Welfare commissioners will be visiting households with those over 65 years of age. All information will be kept confidential, so please participate in the survey.

When: May - June

Target: Those living in Chiba City who were born before January 1, 1949

Survey contents: Health status, household status (whether living alone or in an elderly household, etc)

Inquiry: 高齢福祉課 Senior Citizens' Welfare Section ☎245-5169

行ってみましょう!
Events

子育てママのおしゃべりタイム

Chit-Chat Time for Mothers

Consultation about worries or troubles related to raising children is available. Come make friends with other mothers, chat about parenting, and play with children in a relaxed atmosphere for a change of pace. Please come directly on the day of the event.

All events are from 10:00~12:00.

◇ 中央区 Chuo Ward
May 20 (Mon)

新宿公民館 Shinjuku Public Center
May 27 (Mon)

宮崎公民館 Miyazaki Public Center

Inquiry: 松ヶ丘公民館

Matsugaoka Public Center ☎261-5990

◇ 花見川区 Hanamigawa Ward
May 23 (Thu)

幕張公民館 Makuhari Public Center

Inquiry: 幕張公民館

Makuhari Public Center ☎273-7522

◇ 稲毛区 Inage Ward
May 13 (Mon)

山王公民館 Sannou Public Center
May 17 (Fri)

稲毛公民館 Inage Public Center
May 20 (Mon)

小中台公民館 Konakadai Public Center

Inquiry: 小中台公民館

Konakadai Public Center

☎251-6616

◇ 若葉区 Wakaba Ward
May 16 (Thu)

桜木公民館 Sakuragi
Public Center

May 23 (Thu)

みつわ台公民館 Mitsuwadai Public Center



Inquiry: 千城台公民館
Chishirodai Public Center ☎237-1400

◇ 緑区 Midori Ward

Mon. May 20 誉田公民館
Honda Public Center

Inquiry: 誉田公民館
Honda Public Center ☎291-1512

生涯学習センター映画上映会
Movie Screening at the Lifelong Learning Center

Shown twice at 10:00 and 14:00, entry begins 30 minutes prior to showing.

- ① Family Anime Screening: "Humming Elephant", "Watashi no Wan-Pisu (My Dress)"
When: May 11 (Sat)
Limit: first 80 people
- ② Monday Classic: "Milou en Mai"
When: May 13 (Mon)
Limit: first 250 people
- ③ Thursday Masterpiece: "Shane"
When: May 16 (Thu)
Limit: first 250 people

Where: 生涯学習センター(中央区弁天3)
Lifelong Learning Center (Chuo Ku, Benten 3)

Inquiry: 生涯学習センター
Lifelong Learning Center ☎207-5820
Closed on the 4th Monday each month

ビバ! (万歳)パラグアイ「千葉でのお祭り」

Viva Paraguay en Chiba!
One of the sister cities of Chiba is Asuncion in Paraguay. Enjoy food and culture as Paraguay hold its 200-year old feast in Chiba City.



When: May 19 (Sun) 10:00 -16:00

Where: 中央公園(中央区中央1)
Chuo Koen (Chuo Ku, Chuo 1)

Inquiry: 国際交流課
International Relation Section ☎245-5018

保健・相談

Health and Consultations

平成25年度(2013年度)がん検診
Appointment for Cancer Testing for 2013
Applications for an appointment to be tested for cancer in 2013 are now being accepted. The following people do not need to apply. Papers will be sent to you from the city by mid of May.
◇ If you were tested for cancer after April 2007

- ◇ If you will be 65 or older before Mar 31, 2014
- ◇ If you will be any of the ages below by Mar. 31, 2014
Men: 35, 40, 45, 50, 55, 60
Women: 20, 30, 35, 40, 45, 50, 55, 60

Testing for: Lung, stomach, large intestine, breast, ovarian, etc.

Cost: with charge, some elderly residents are free of charge. Please ask for more information.

Apply/Inquir: 健康支援課
Health Support Section
☎238-9930 Fax: ☎238-9946

〒261-8755 Mihama Ku Saiwai
Cho 1-3-9

Application by phone or send postcard or fax with your address, name, birthdate, contact number and write reason for applying. Screening documents will be sent to you afterwards.

Inquiry: 健康支援課
Health Support Section ☎238-9930

ヘルシーカムカム2013 Healthy Chew-Chew 2013

June 4 (Tue) to June 10 (Mon) is dental health week. Learn about and discuss dental health concerns. Call for more details.

Where: そごうデパート 千葉店
Sogo Department Store Chiba branch

When: May 26 (Sun) 10:00 - 17:30 reception is until 17:00

- ① 6F Special venue
 - ◇ Bad breath examination corner
 - ◇ Dental/Oral health examination corner
 - ◇ Dental consultation/check-up
 - ◇ Brushing instruction
 - ◇ Tinker with a dentist's tool corner
 - ◇ Measure chewing strength corner
 - ◇ Learn about healthy, fun foods and nutrition consultation
 - ◇ Oral cancer examination (reservations required)
- ② 2F Hana no Hiroba
Awards Ceremony 11:15 - 12:15
 - Mother and Child Teeth Competition
 - 8020 Dental Longevity Competition
 - School Award

Where: 地階ギャラリー
Basement Gallery

When: May 21 (Tue) - May 27 (Mon) 10:00 - 20:00
Last day (May 27, Mon) until 16:00

- Display of oral health chart
- Oral health awareness slogan exhibition



Apply/Inquiry: ^{けんこうしえんか}健康支援課
Health Support Section ☎238-9926

^{じょせい}女性のための ^{けんこうそうだん}健康相談
Health Consultations for Women

Consultation is available for those with mental or physical issues or concerns related to female hormones, etc.

① Consultation with a female physician
When: May 22 (Wed) from 13:15 - 15:20

Where: ^{しほけんじょ}市保健所 (美浜区幸町1)
City Public Health Office (Mihama Ku, Saiwaicho 1) Reservations required.

② Phone consultation with a public health nurse

When: Mon – Fri (excluding holidays)
9:00 -12:00 / 13:00 - 16:00
Consultation hotline: ☎238-1220

Apply/Inquiry: ^{けんこうしえんか}健康支援課
Health Support Section ☎238-9926

^{ふにん}不妊で ^{なや}悩んでいる ^{ひと}人の ^{そうだん}相談
Infertility Consultation

When: May 29 (Wed) 14:45 -17:00
Individual consultations with a physician or midwife are available for those dealing with infertility or multiple miscarriages.

Where: ^{しほけんじょ}市保健所(美浜区幸町1)
City Public Health Office (1 Saiwai-cho, Mihama-ku)

Limit: 3 couples (reservations required)

Apply/Inquiry: ^{けんこうしえんか}健康支援課
Health Support Section ☎238-9925

^{ろうか}老化を防ぐ ^{ふせ}運動 ^{うんどう}レシビ
Anti-aging exercise

What: Exercise to prevent aging!
When: June 3 (Mon) 13:25 -15:00

Where: ^{ししゃかいふくしけんしゅう}市社会福祉研修センター
(^{ちゅうおうくち}中央区千葉寺町ハーモニープラザ内)

Social Welfare Training Center (Chuo-ku Chibadera-cho, Harmony Plaza)

Target: Chiba City residents

Limit: first 50 people (need to apply)

Apply/Inquiry: ^{ししゃかいふくしけんしゅう}市社会福祉研修センター
Social Welfare Training Center ☎209-8841

^{けんこう}こころの健康センターの ^{そうだん}相談
Mental Health Center Consultation

① Alcoholism, drug addiction
May 21 (Tue) 10:00 – 12:00

② Adolescent mental health consultation
May 15 (Wed) 15:00 – 17:00

① and ② both consultation with specialist.
Reservations required.

Apply: ^{けんこう}こころの健康センター
Mental Health Center ☎204-1582

^{たじゅうさいむしゃ}多重債務者 ^{とくべつそうだん}特別相談
Special Consultation for Those with Multiple Debts

Consultation with a lawyer is available for those troubled with debts from many places. Consultations should be made in person by the debtor.



When: May 23 (Thu) 13:00 - 16:00

Where: ^{しょうひせいかつ}消費生活センター(中央区弁天1)
Consumer Affairs Center (1 Benten, Chuo-ku)

Limit: 6 reservations per day (roughly 30 minutes of consultation per reservation)

Apply/Inquiry: ^{しょうひせいかつ}消費生活センター
Consumer Affairs Center ☎207-3000

^{とくせつほうりつそうだん}特設法律相談
Special Legal Consultation

Consultation with a lawyer is available. Cases that are currently being tried in court or in arbitration will not be accepted.

When: May 25 (Sat) 13:00 - 16:00.

Limit: first 16 people (roughly 20 minutes per person)

Reservations required. Applications accepted until 17:00 on May 16 (Thu). Phone consultation is not available.

Where: ^{ちゅうおう}中央 ^{かい}コミュニティセンター2階 (中央区 ^{ちゅうおうく}千葉港2) Chuo Community Center 2F Chuo-Ku Chiba Minato 2

Apply/Inquiry: ^{こうちょうか}広聴課 ☎245-5609
Public Comments and Opinions Section

^{がいこくじん}外国人のための ^{むりょうほうりつそうだん}無料法律相談
Legal Consultation for Foreigners

When: May 20 (Mon) 13:00 - 16:00

Where: ^{ちば}千葉市 ^{しこくさいこうりゅう}国際交流 ^{かいぎしつ}プラザ 会議室
(中央区中央2)

Chiba City International Communication Plaza, Conference Room

(Chuo-Ku, Chuo 2)
Limit: First 4 people. If you need an interpreter, please ask/consult beforehand.



Apply/Inquiry: ^{ちば}千葉市 ^{しこくさいこうりゅう}国際交流 ^{きょうかい}協会 ☎202-3000
Chiba City International Association