



# Chiba City ・ ちば

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## ちばしからののお知らせ CITY NEWS

みんなで災害に 備えよう  
Let's Be Prepared for Disasters

Disasters such as earthquake and heavy rain may occur anytime. Early preparation is crucial to minimize damages.

What can we do to minimize damages?

- ★ Make sure to stock extra foods or 'rolling stock' Rolling stock refers to the stockpile of durable food items bought in extra amount, replacing after consumption as an economical way of preserving food for disaster. Storing at least 3-days-worth or 1-week worth at best of food and drinking supplies is recommended.
- ★ Make sure that furniture and fixtures are securely fixed to avoid from falling.
  - ① Use metal fittings to secure furniture.
  - ② Think wisely of the positioning of furniture.
  - ③ Place safety film on glass cabinets and windows to prevent glass from shattering.



Questions: 防災対策課 Disaster Prevention Division ☎245-5113

災害時に 慌てないために  
For Your Preparedness During Disaster  
★ Don't be reckless

During a disaster, train operation may stop, people get stranded, and communication lines break down.

- ① Ensure yours and confirm safety of your family.
- ② Verify traffic information.

★ Habits that may ensure safety in returning home on foot.

- ① Know your route back home and the disaster support station, convenience stores and gasoline stations showing this mark who can be of helped by providing water and toilets during disasters.
- ② Bring portable radio and map with you.
- ③ Keep water, food supply, and comfortable shoes at work.



★ Emergency Messaging Services, Saigaiyo Dengen Dial  
'Saigaiyo Dengen Dial' is a messaging service where you can use to confirm safety of your love ones. Other messaging services are also available on the internet.

Questions: 危機管理課 Crisis Management Division ☎245-5151

9月10日(日)~16日(土)は自殺予防週間  
気づいてください! 体と心の限界サイン  
Sunday, September 10 to Saturday, September 16

**is Suicide Prevention Week.  
Notice the Signs of Mental and Physical  
Limitations!**

In 2016, there were 21,000 cases of suicide nationwide in which 133 cases are from Chiba City. Suicide is a very serious social problem. It is said that many suicide cases are result of weak mind brought by anxieties. To help prevent suicide, it is very important to be vigilance. If you are suffering from anxiety, or notice someone who might, please consult the following:

★ **Mental Anguish/Distress**  
**Phone consultation**

- ① Chiba City Kokoro  
No Denwa  
☎204-1583  
**When:** Weekdays  
from 10:00-12:00,  
and 13:00-17:00
- ② Chiba Inochi no  
Denwa  
☎227-3900 (24 hours, 365 days)



**In-person consultation**

- ③ Kokoro to Inochi Consultation Room  
☎216-3618  
**When:** Monday and Friday from  
18:00-21:00 (Irregular opening hours  
from Tue., Sept. 12 to Thu., Sept. 14)  
**Where:** 中央区新町18-12第8東ビル 501  
号室 Room 501, No. 8 Azuma Bldg. 18-12  
Shinmachi, Chuo-ku. Reservation  
required.

★ **Physical Health**

At each Ward Office's Health and Welfare Center  
Chuo ☎221-2582 Hanamigawa ☎275-6296  
Inage ☎284-6494 Wakaba ☎233-8714  
Midori ☎292-2630 Mihama ☎270-2221

★ **Work and Labor**

Labor Consultation Room ☎300-8282  
(Weekdays from 9:00-16:00, Saturday and  
Sunday from 9:00-15:00)  
(Closed on Thursday, Sept. 7)

★ **Debt**

Consumer Affairs Center ☎207-3000  
(Weekdays and Saturdays from 9:00-16:30)

★ **Business Management and Project Funds**

Chiba City Foundation for the Promotion of  
Industry ☎201-9505  
(Weekdays from 9:00-17:00)

★ **School Life**

Educational Consultation Dial 24  
☎0120-101-830 (24 hours, 365 days)  
Education Center ☎255-3702 (Weekdays from  
9:00-17:00)

けんすいどうぎょく すいどうりょうきん げすいどうしよりょう  
**県水道局の水道料金と下水道使用料  
Payment Scheme for Prefectural Water and  
Sewage System**

Starting January 2018, payment for water consumption and sewage system will be unified. This system is applied to those consumers using separate payment method.

**Questions:** げすいどうえいきぎょうか Sewerage Operations  
Division ☎245-5410

い  
**行って みましよう  
Events**

じゅごうしほしゅう りやく  
**受講者募集 パパカUP! パパスクール  
Looking for Participants in Class on Fatherhood,  
the Papa-Ryoku Up!**

Learn about parenthood and how to play with children.

**When:** Sundays, Sept. 17, Oct. 15, Nov. 19, and  
Dec. 17 (4 times) from 10:00-12:00

**Where:** Chuo Community Center

**Eligibility:** father of elementary pre-schooler

**Capacity:** first 20 applicants

**Apply/Ask:** via email, phone, or fax:

ようほしえんか  
幼保支援課 Early Childhood Education and  
Care Support Division

☎245-5105 FAX: 245-5629

Shien.CFC@city.chiba.lg.jp

こうざ  
**プレパママ講座**

**Pre-parenting Class for Incoming Parents**

**When:** Sundays, Oct. 1, Nov. 12, Dec. 3, 3 times  
from 9:30-12:00

**Where:** Chuo Community Center

**Eligibility:** soon-to-be fathers and mothers

**Capacity:** first 18 pairs of advance phone  
reservation

**Apply/Ask:** ようほしえんか  
幼保支援課 Early Childhood  
Education and Care Support Division

☎245-5105

まくはり きょうしつ  
**幕張ウォーキング教室**

**Makuhari Walking Class**

**When:** Saturdays, Sept. 30, Oct. 21

**Assembly:** between 9:00 and 9:30

at JR Kaihin Makuhari Station, South Exit

**Drop off:** around 13:00 at Makuhari Seaside Park  
(2 Hibino, Mihama-ku)

**Capacity:** first 50 people arrive on the day

**Cost:** 300 yen

Cancel if rain.

Please bring drinks,  
sheet to sit on, and  
paper and pen for  
taking note.

**Questions:** Chiba  
Prefecture Walking  
Club ☎255-0141



9/17(日)開催

動物愛護フェスティバル  
2017 in ちば

Held on Sunday, Sept. 17

**Animal Care Festival 2017 in Chiba**

Wed., Sep 20 - Tue., Sep 26 is 'Animal Care Week'.  
You can deepen your understanding of animal care  
and correct pet ownership at the Animal Care  
Festival 2017 in Chiba. There will be many events  
related to animals. Come and see!

**When:** Sun., Sep 17 12:00 - 16:00

**Where:** 千葉ポートタワー・ポートパーク(中央区  
中央港1) Chiba Port Tower Port Park  
(1 Chuoko, Chuo-ku)

**Details:** Dog obstacle course, veterinarian  
experience, pet owner consultation, and more!

**Questions:** 動物愛護フェスティバル 2017 in ちば  
イベント事務局 Animal Care Festival 2017 in  
Chiba Event Secretariat ☎241-3001

公民館の講座

Public Center Workshops

★ Parent-Child Workshop: 'Toys and Games  
Important in Early Childhood'

**When:** Thu., Sept. 28; Thu., Oct. 5; Thu., Oct. 19  
from 10:00 - 12:00

**Eligibility:** 2 - 3 years old children together with  
a guardian

**Capacity:** First 15 pairs

**Where/Apply:** 中央区 新宿

公民館(2-16-14) Shinjuku  
Public Center (2-16-14  
Shinjuku Chuo-ku) Call  
☎243-4343 or come in  
person



★ Parent-Baby Massage Workshop

**When:** Fri., Oct 13 10:00 - 12:00

**Eligibility:** Children from 3 months to 1 year old,  
together with a guardian

**Capacity:** First 10 pairs

**Where/Apply:** 花見川区 さつきが丘公民館(さつ  
きが丘1-32-4) Satsukigaoka Public Center  
(1-32-4 Satsukigaoka Hanamigawa-ku)

Call ☎250-7967 or come in person by Friday,  
Oct. 6

★ **Invigorating Child-Rearing for 2-3 Year Olds:**  
「Exercise, Books, Health Guidance」

**When:** Tuesdays Sept. 26; Oct. 3; Oct 10  
from 10:00 - 12:00

**Eligibility:** 2-3 years old children with a  
guardian

**Capacity:** First 15 pairs

**Where/Apply:** 稲毛区 稲毛公民館(稲毛1-10-17)  
Inage Community Center (1-10-17 Inage  
Inage-ku)

Call ☎243-7425 or come in person

★ **So easy you can make it at home!**

**Dessert-Making Workshop for Adults**

**When:** Wednesdays, Sept. 27, Oct. 4  
from 9:30 - 12:30

**Eligibility:** at least 20 years old

**Capacity:** First 16 people

**Cost:** 1,200 yen (cost of supplies)

**Where/Apply:** 若葉区 若松公民館(若松町  
2117-2) Wakamatsu Public Center (2117-2  
Wakamatsu-cho Wakaba-ku)

Call ☎231-7991 or come in person  
by Wed., Sept. 20

★ **Introduction to Autumn Floriculture**

**When:** Thursdays, Sept. 28; Oct 26; Nov 30,  
from 10:00 - 11:30

**Eligibility:** At least 20 years old

**Capacity:** First 10 people

**Cost:** 300 yen

**Where/Apply:** 緑区 椎名公民館(富岡町290-1)  
Shiina Public Center (290-1 Tomioka-cho  
Midori-ku)

Call ☎292-0210 or come in person

★ **Exercise Workshop for Infants and Mothers**

**When:** Wednesdays, Sept. 20; Sept. 27; Oct. 4  
from 10:00 - 12:00

**Eligibility:** Infants 3 - 11 months old and their  
mothers

**Capacity:** First 20 pairs

**Where/Apply:** 美浜区 稲浜公民館(稲毛海岸  
3-4-1)Inahama Public Center (3-4-1 Inage  
Kaigan Mihama-ku)

Call ☎247-8555 or come in person

けんこう そうだん  
健康・相談

Health and Consultations

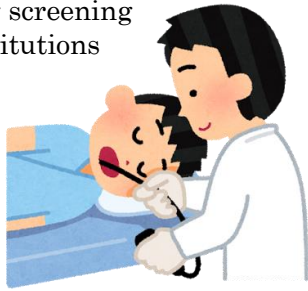
9月はがん征圧月間

早めにがん検診を受けましょう!

September is Fight Cancer Month - Get

## Screened for Cancer Soon!

Chiba City is implementing screening for all cancers. Medical institutions will become busy after December, so get checked as soon as possible. You may get a screening until Wed., Feb 28, 2018. For more details, check the Chiba City website.



**Questions:** けんこうしえんか 健康支援課 Health Support Division  
☎238-9930

## しほうしよしそごうそうだん そうだんかい ちば司法書士総合相談センター相談会 Chiba Judicial Clerk Comprehensive Consultation Center – Consultation Event

Consultations for inheritance, debt, etc.  
**When:** Saturdays, Sept. 16 and Sept. 30  
from 10:00 - 15:00

**Where:** ちばしほうしよしかいかん 千葉司法書士会館(美浜区幸町2) Chiba  
Judicial Clerk Assembly Hall (2 Saiwai-cho,  
Mihama-ku)

**Apply/Ask:** しほうしよしそごうそうだん ちば司法書士総合相談センター Chiba  
Judicial Clerk Comprehensive Consultation  
Center ☎204-8333

## たじゅうさいむしや とくべつそうだん 多重債務者 特別相談 Special Consultations for People with Multiple Debts

Consultations with a lawyer for people who are struggling after borrowing money from many places. The borrower must come directly. Phone consultations not available.



**When:** Thursdays, Sept.  
14 and 28 from 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)

**Capacity:** First 6 people to apply in advance (30  
minutes per person)

\* You may come with family members.

**Reserve/Ask:** しょうひせいかつ 消費生活センター Consumer Affairs  
Center ☎207-3000

## しんぱいごとそうだんじよ そうだん 心配事相談所の相談 Consultations at the Trouble Consultation Office

① Legal Consultation

Consult with a lawyer. Cases currently being tried or mediated in court may not be discussed. Phone consultations are not available.

**When:** Thur., Sep 14 13:00 - 15:00

**Capacity:** First 6 people to apply

② Daily Consultation

Consult with a District Welfare Officer, Commissioned Child Welfare Volunteer, etc. Consultations available by phone or in person at the consultation office.

**When:** Monday - Friday 10:00 - 15:00  
(closed holidays)

**Where:** Both ① and ② at the Consultation  
Office ちゅうおうくちばでらちよう 中央区千葉寺町ハーモニープラザ内  
Inside Harmony Plaza at Chibadera-cho,  
Chuo-ku

**Apply/Ask:** しんぱい そうだんじよ 心配ごと相談所 Trouble Consultation  
Office ☎209-8860

## 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

Consultations are available for those with physical and emotional problems or concerns due to female hormones, etc.

① Consultation with a female physician  
(gynecology)

**When:** Wed., Sep 20, 13:15 - 15:20

**Where:** ほけんじよ 保健所(美浜区幸町1) Health Office  
(1 Saiwaicho, Mihama-ku)

Phone consultations are not available.  
Reservations are required.

② Phone consultations with a public health  
nurse

Monday - Friday from 9:00 - 12:00 and 13:00 -  
16:00 (Closed holidays)

**Reserve/Ask/Consult:** けんこうしえんか 健康支援課 Health Support  
Division ☎238-1220

## がいこくじん ほうりつそうだん 外国人のための法律相談

### Free Legal Consultations for Foreigners

**When:** Mon., Sept. 25 from 17:00-20:00

**Where:** ちばしこくさいこうりゅう 千葉市国際交流プラザ かいぎしつ 会議室 (中央区

ちゅうおう 中央2) Chiba City International Exchange Plaza  
Conference Room (2 Chuo, Chuo-ku)

**Capacity:** First 4 people

A reservation is required. Consultation is free.  
Those who desire interpretation services should  
request them when making a reservation.

**Apply/Asks:** 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 ☎202-3000