



HAMURA NEWS

March 1st, 2025

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)

Published by: Hamura City 5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

「ふつう」や「男らしさ」「女らしさ」は誰が決めた？

<Who decides what is "normal," "masculine," and "feminine"?

誰にでもありうる無意識の思い込み = アンコンシャス・バイアス



~ Unconscious assumption that everyone has = Unconscious bias >

"Unconscious Bias" is a term coined by combining the words "Unconscious" and "Bias". Based on our past experiences, what we have seen or heard, etc., we may unknowingly make judgments based on assumptions such as "this person is this way because he/she is this way" or "this is the way normally done because he/she is this way".

Example: . Hearing the word "firefighter," one associates it with a man.

. When we hear the word "Currently working away from home," we think of a father.

Everyone has these assumptions, and the way we interpret and feel about them differs from time to time. Gender-based stereotyped assumptions are particularly persistent and have an impact in various situations.

Problems with Unconscious Bias

Words and actions that are intended with good intentions can become "judgmental" or "intrusive" and unintentionally hurt the other person. This is called "microaggression" (small aggression and discrimination without awareness).

For example: . It's great that you are good at cooking even though you are a man!

. It's cool that you are good at soccer even though you are a girl!

Both of these are said with no malice on the part of the speaker and with the intention of complimenting the other person. However, the person who is being addressed may feel a sense of discomfort. Gender has nothing to do with being a good cook or a good soccer player.

What matters is...

- ① Always keep in mind that you also have unconscious beliefs.
Somewhere in your mind that you also have unconscious beliefs.
- ② Stop and think before you say or do anything.

By becoming aware of our own "unconscious bias," we can create a society where it is easy for each person to live their own life, without limiting the choices of those around us and ourselves.

Inquiries: Somu Ka, Somu Kakari ☎Ext. 347.

戦後 80 年 3 月 10 日は東京都平和の日

80 years after the War March 10th is Tokyo Peace Day

<Air Raid Material Exhibition in Tokyo> 東京の空襲資料展

Inquiries: Somu Ka, Somu Kakari ☎Ext. 333

In the world, terrorism and conflicts still occur. Even peaceful Japan has experienced tragic wars in the past. On March 10th, 1945, Tokyo suffered an air raid in which 100,000 people are said to have died. Hamura City and Ome City will jointly hold the "Tokyo Air Raid Materials Exhibition" on March 10th, [Tokyo Peace Day]. This year marks the 80th anniversary of the end of the war. Why don't you think about

peace by learning about the damage caused by air raids in Tokyo, wartime conditions, and the tragedy of war?

[Air Raid Material Exhibition in Tokyo]

Term: March 3rd (Mon) ~ 13th (Thu) ※ Exclude close days.

▼ Hamura City: 9AM ~ 5PM (March 8th (Sat) is till 11:45AM)

▼ Ome City : 8:30AM ~ 5:15PM (March 6th (Thu). 13th (Thu) are till 8PM)

Locations: Hamura City Hall 1F Shimin Hall

Ome City Hall Entrance Hall

Details:

- Exhibit materials from the Tokyo Metropolitan Government and local museums' collections.
- Digital materials can be viewed on a tablet terminal.
- Video testimonies of war survivors will be shown.
- [Hamura 1,000 Paper Cranes Project] ~ Origami crane booth (space for visitors to fold 1,000 paper cranes).

[Digital Peace Material Exhibition]

デジタル平和資料館

The city's official website offers air raid-related materials from the collection of the Local Museum. You can view them on your PC or smartphone.



[Please Join the Silent Prayer]

黙とうにご協力ください



Tokyo metropolitan Government designated March 10th as the annual Tokyo Peace Memorial Day, in commitment of never allowing the recurring war. Every year on this day, the simultaneous silent prayer is held nationwide to dedicate our prayers to the repose of all war victims and to the world peace. Please join the one minute of silent prayer from any place where you are.

Silent Prayer: March 10th (Mon) at 2PM (for 1 minute).

指定収集袋(燃やせるごみ袋)に広告を掲載しませんか

ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of Hamura City-designated Burnable Waste Bags will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents. Special Offer (optional) for free banner advertisement on Hamura City Official Website for 3 months.

Listing Period: Starting from July 2025 for 1 year

※ It may be subject to change by number of distribution.

Application: Till March 28th (Fri), please postmail, email or come directly with the draft data and completed application form with necessary items to City Hall 2F, Seikatsu Kankyou Ka.

※ Counter reception available 9AM~5PM exclude Saturday, Sunday and Holidays'.

※ Please download application form from City official website.

Manuscript data file format:

- Illustrator ai file (with text outlined)
- Image data (JPEG, TIFF, or PDF file, 1200dpi or higher, black and white, two tone)

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed. On individual bags - ¥70,000~¥180,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000.

Decisions on advertisements:

The decision on whether or not to place an ad will be made after reviewing the applications in accordance

with the guidelines and handling criteria.

If there are too many applicants, decisions will be made in the order of priority specified in the guidelines.

Application & Inquiries: Seikatsu Kankyou Ka ☎Ext.205.

〒205-8601 (location is not required), ✉s208000@city.hamura.tokyo.jp

お知らせ

講座・講演

令和6年度羽村市こころの健康セミナー

「大人の発達障害」

<Hamura City Mental Health Seminar 2024

~ [Developmental Disorders in Adults] >

Many people feel uncomfortable and difficulty in living with psychological stress due to the complexity of human relationships and social demands resulting from higher education and employment. They may not be able to cope appropriately and may first notice a developmental disability when secondary disorders such as depression, anxiety, or sleep disorders appear. The characteristics of developmental disabilities are unique to each individual. Let's think about adult developmental disabilities together so that everyone can live as one's desire life.

Date & Time: March 19th (Wed) 2PM ~ 3:30PM (Registration: From 1:45PM ~)

Location: Primo Hall Yutorogi Reception Hall.

Capacity: 50 (in order of application)

Lecturer: Ms. Ako Goshima (Lecturer at Kyorin University Student Support Center, full-time counselor for student counseling, clinical psychologist, certified psychologist)

Inquiries/applications: From March 3rd (Mon), (March 10th (Mon) for those outside the city), via application form, please call or in person to the Kenko Ka (in Hoken Center) ☎Ext.626.

INFORMATION Course. Lecture



手続き

PROCEDURE

転出届は来庁不要なオンラインが便利！

引っ越しの時は住所異動の届け出を忘れずに

<Notification of moving out is conveniently done online without coming to the office!>

~ Don't forget to report a change of address when you move.

When you change your address, you are required to report the change.

▼ When you move to another city, town, or village.

You must report [Moving Out] and within 14 days after you move.

▼ When you move to Hamura City (need to report new address).

You must report [Moving In] within 14 days after you start living in Hamura City.

▼ When you move to a new address in Hamura City.

Please submit a "change of residence" report within 14 days of moving into your new address.

▼ What documents you need to report.

Identification documents (My number card, driver's license, etc.)

※ A letter of attorney is also required if someone other than the applicant is notifying.

※ If you have a My Number Card, Basic Resident Registration Card, Residence Card, or Special Permanent Resident Certificate, please have them ready as you will be changing your address.

◎ Report of moving out can be made through MyNumber Portal!

If you have a My Number card, you can also report your change of address online through MyNumber Portal.

[Convenient Online Procedures]

○ No need to go to Hamura City Hall for Moving Out procedures!

○ You can complete the procedure 24 hours a day, anytime between 30 days before you plan to move and

10 days after your move!

For more information, please visit the Digital Agency website.

※ After notifying your moving out through MyNa Portal, you will need to separately go to the municipal office of the city, town, or village where you will move in to complete the [Moving In] and other procedures.

Inquiries: Shimin Ka, Uketsuke Kakari ☎Ext.121.

引っ越しの時は、水道の使用開始・中止の連絡も忘れずに！

<When you move, do not forget to notify city to start or stop water service!>

If you move out without notifying, you will continue to be charged for the water service at your previous residence.

Please note that the basic fee will continue to be charged even if you are not using the water system.

▼ Procedures for starting or discontinuing water service

① Call or visit the Hamura City Waterworks Office Customer Service Center in person.

② Electronic application (online application)

※ Please check the city's official website for details.

③ Application for start of use by “Notification of Start of Water Use” at the new residence (by mail or fax)

Inquiries: Waterworks Office ☎042-554-2269.

窓口納付の取扱いが終了 リソナ銀行・埼玉りそな銀行

<Resona Bank and Saitama Resona Bank to End Over-the-Counter Payments>

Resona Bank and Saitama Resona Bank head office and branches will cease to accept payment of taxes and fees over the counter on March 31st (Mon).

However, account transfers will continue to be available.

After April 1st (Tue), please pay at other financial institutions listed on the back of the payment slip.

Inquiries: Accounting Section ☎Ext. 101/ Waterworks Office ☎042-554-2269.



<[Repost] Till March 31st ! [再掲載] 3月31日まで！

物価高騰対応重点支援給付金(住民税非課税世帯・こども加算)

Priority Support Benefit for Responding to Soaring Prices (benefit for resident tax-exempt households and children)>

In order to support households exempt from residential taxation that are particularly affected by high prices, a benefit of JPY30,000 will be provided.

In addition, households with children under the age of 18 who are eligible for the subsidy will receive JPY20,000 per child as an additional allowance.

Eligibility: Head of households that have a certificate of residence in Hamura City as of Dec 13th, 2024 and are exempt from equal resident taxation for the fiscal year 2024.

Payment amount: JPY30,000 (JPY20,000 per child will be added to the allowance)

Application: Applications must be postmarked by March 31st (Mon) 5PM (or postmarked by that date) and submitted by mail or in person to the following address

〒205-8601 General Affairs Division, Social Welfare Section, Hamura City
(no need to indicate the address)

※ Regarding required documents and details, please refer Hamura News ver. Feb 1st or city official website.

Reception counter & Inquiries: Hamura City Priority Support Benefits for Responding to Soaring Prices
Call Center (2nd floor of City Hall 2F, Conference Room 201) ☎0570-092-925

(9AM~Noon, 1PM~5PM, exclude Saturday, Sunday and Holidays)

※ Please come by 4:45PM to apply at the counter.

健康

HEALTH



■健康管理術

HEALTH MANAGEMENT TECHNIQUES

<Women's Health - Menopausal Disorder>

女性の健康～更年期障害～

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 625

● What is menopause? 更年期障害とは

The average age of menopause in Japan is 50.5 years old. During menopause, physical and mental symptoms may appear due to the decrease in female hormones with age. This is called menopause. Female hormones affect not only the uterus and breasts, but also various organs, bones, muscles, autonomic nerves, immune function, and have a significant effect on women's physical and mental health.

● Symptoms of menopause vary widely. 更年期障害の症状はさまざま

Some women experience menopausal symptoms as early as their 40s.

Menopause is also strongly influenced by lifestyle changes, such as personality, work, caring for parents and children. Symptoms may be mild or severe enough to interfere with daily life. [

[Main Symptoms]

. Vasomotor nervous system symptoms (hot flashes, sweating, coldness, etc.)

. Mental symptoms (irritability, anxiety, insomnia, depression, lethargy, etc.)

. Other physical symptoms (back pain, joint pain, dizziness, headache, etc.)

● Don't suffer alone, consult as soon as possible.

There is no need to put up with the symptoms during menopause as if it were just your imagination or to suffer alone. There is a possibility that not only menopausal symptoms but also other illnesses are hidden. You should visit a gynecologist and consult with a specialist. In addition, in order to live a fulfilling menopausal period, it is important to have the understanding and cooperation of not only yourself but also those around you.

[Reference]

Ministry of Health, Labour and Welfare, 「Health Care Laboratory, Women's Health Promotion Office」/ Tokyo Metropolitan Bureau of Industrial and Labor Affairs, 「Know and learn about women's specific health issues! Working Women's Wellness Improvement Committee」.

At the Health Center, public health nurses and dietitians are available for consultation on physical condition, diet, and mental health. Please feel free to consult with them.

子宮頸がんキャッチアップ接種 期間延長を検討中

<Cervical Cancer Catch-up Vaccination, considering extending the term.>

Due to a significant increase in demand since last summer, some people were unable to receive the Cervical Cancer (HPV) vaccination even if they had wished to do so. For this reason, the government is preparing to offer all three vaccinations at public expense to those who start receiving them by the end of March of this year.

Eligibility

▼ The catch up eligibility ※ who received at least one dose of the HPV vaccine between April 1st, 2023 and March 31st, 2025.

※ The catch up eligibility ~ Women born between April 2nd, 1997 ~ April 1st, 2008.

▼ Girls (equivalent to first grade high school students) born in 2008 who received one or more doses of HPV vaccine between April 1st, 2023 and March 31st, 2025.

Period: Until March 31st, 2026.

Inquires: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 697.

第36回 自殺防止！東京キャンペーン

< THE 36th TOKYO SUICIDE PREVENTION CAMPAIGN >

March and September are Suicide Prevention Reinforcement Months.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 626



キャンペーン期間中の特別相談

<Special Counseling during Campaign term>

Service Counter/ Facility	Telephone Number	Special Consolation Term	General Consolation (reference)
Toll Free Special Counseling (NPO Bifrenders Tokyo Suicide Prevention Center)	☎0120-58-9090/ 03-5286-9090	Mar 1st(Sat)~7th(Fri) 8PM~ / next day 2:30AM ※ Mar 3rd (Mon) 10:30PM~/ Mar 4th (Tue) 5PM~	☎03-5286-9090 everyday 8PM ~ next day 2:30AM ※(Mon)... 10:30PM ~ (Tue)... 5PM ~
Yamabiko Support for Life Phone Line (NPO Inochino Yamabiko Phone Line)	☎03-3842-5311	March Tue, Wed, Fri, Sat, Sun and Holidays (exclude the 4th Sunday) Noon ~ 8PM	☎03-3842-5311 Every Tue, Wed, Fri & Sat Noon~8PM
(Nationwide) Suicide Prevention Hotline "Inochi-no Denwa" (Federation of Inochi no Denwa)	☎0120-783-556	Every day 4PM~9PM ※ Mar 10th(Mon) ~ 16th (Sun) 8AM ~ next day 8AM	☎0120-783-556 Every 10th monthly: 8AM ~ Next day 8AM / Everyday 4PM~9PM
Tokyo Inochi no Denwa	☎03-3264-4343	Every day 24 hours	☎03-3264-4343 Everyday / 24 hours
Tokyo Suicide Prevention Consolation Dial "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Mar 27th (Thu) ~ 31st (Mon) every day 24 hours	☎0570-087478 Everyday Noon ~ next day 5:30AM
Grief Care and Support (NPO Grief care support plaza)	☎03-3796-5453	March 4th (Tue) ~ 8th (Sat) 11AM ~ 5PM	☎03-3796-5453 Every Tue, Thu & Sat 11AM~5PM
Suicide-Bereaved Family Consolation Dial	☎03-3261-4350	March 10th (Mon) ~ 12th (Wed) Noon ~ 5PM	☎03-3261-4350 (Thu)... 10AM ~ 7PM/ (Sun)... 10AM ~ 5PM

※ Meanwhile, Tokyo Consumer Affairs Center has Telephone Counseling for Problems with Multiple Consumer Loans #110 (☎03-3235-1155), March 3rd (Mon) and 4th (Tue) 9AM~5PM.

※ Fee Consultation (Call and communication charges will apply to all other numbers except the toll-free).

※ Navi Dial numbers starting with 0570 are **NOT** covered by cell phone toll-free numbers, unlimited calling plans, etc.

▼ Lecture on Mental Health and Life ころといのちの講演会

<Pregnant and Childbirth mental health ~ Protecting the smiles of mothers and children>

Date and Time: March 15th (Sat) 10:30AM~11:45AM.

Brocasting Methods: Live streaming via a free online distribution tool.

Eligibility: People who live, work, or study in Tokyo Metropolitan.

Lecturer: Ms. Youko Sagara (Shouwa University Associate Professor, Doctor of Obstetrics and

Gynecology)

Appication: Till March 10th (Mon) 5PM, please apply via the website of the Bureau of Public Health and Medical Care, Tokyo Metropolitan Government.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 626.

▼ **[Mental Health Books] Exhibit** こころの健康図書

More than 50 books and posters on the importance of life, mental health, suicide prevention, etc. will be displayed.

Date and Time: Till March 30th (Sun), 10AM ~ 8PM (exclude Mondays and March 18th (Tue))

Location: Primo Library Hamura

※ Library cleaning day: March 6th (Thu)

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 626.

情報アラカルト

MISCELLANEOUS INFORMATION



子育て

CHILDREN

小学校に入学する方、中学校を卒業する方に4月1日から医療証が変わります。

<Medical certificates will be changed from April 1st for those who will enter Elementary School or graduate from Junior High School>

For eligibility, the new medical certificate will be sent out on late March.

Eligibility:

- (1) Children who have a "Medical Expense Subsidies for Infants and Toddlers (Marunyu 乳) medical card" and will enter elementary school in April (born between April 2th, 2018 ~ April 1st, 2019)...will be switched to the "Medical Expense Subsidies for School Age children with Compulsory Education (Maruko 子)".
 - (2) Children who have a "Medical Expense Subsidies for school age children with Compulsory Education (Maruko 子)" certificate and will graduate from Junior High school in March (born between April 2nd, 2009 ~ April 1st, 2010)... will be switched to the "Medical Expense Subsidies for High School Students (Maru-Ao 青)".
- ※ If there is no change in the application details for either (1) or (2), no procedure is required. Please be sure to check the guide enclosed with the new medical card.
- ※ If there are any changes in the contents of the application, such as change insurance coverage or guardian's status (marriage, divorce, moving out, moving in) etc. Please submit change notification.
- ※ If you exceed the maximum amount of payment under the medical expense subsidy system for high school students, etc. (Maru-Ao 青), you will be notified. If the amount is less than the limit, you will need to re-apply for the subsidy.
- ※ For details, please check the city official website or inquiry to office.

Inquiries: Kosodate Sodan Ka, Teate, Josei Kakari ☎Ext. 237.



< The 1 Year-Old and Parent Get-Together Group > 1歳児教室「1歳ちゃん♪ 集まれ〜!」

Talking about characteristics of a one-year-old child, rhythm of life, breastfeeding, eating, how to play, accident prevention, etc.

Date: March 25th (Tue), from 9:30AM ~ 11:30AM Location: Hoken (Health) Center

Eligibility: Hamura City Residents who have a child at age 1 as March can attend with their child.

Capacity: 15 groups (in order of application)

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application & Inquiries: From March 3rd (Mon) 9AM~, via applicatin form, please call or come directly to

<Traffic Safety Seminar> 交通安全講習会

Date and Time: March 19th (Wed) 7PM ~ 8PM (Reception...from 6:30PM)

Location: Primo Hall Yutorogi Main Hall

※ Parking is limited.

Inquiries: Bosai Anzen Ka, Bohan. Kotsu Anzen Kakari ☎Ext. 216

税金

令和7年度償却資産の申告がまだの方は至急申告を



TAX



< Please Report Ownership of Depreciable Assets for FY 2025 as soon as possible >

Business entities are required to report any depreciable assets which are owned as of January 1st, 2025 of each year. If you still not report, please report as soon as possible.

○ You may request an application form if you do not have one.

○ They can also be filed on-line. Please check the details from City official website.

Inquiries: Kazei Ka, Shisan Zei Kakari, ☎Ext 152.

水道

WATER

< Please maintain your Water Usage Meter > 水道メーターボックス内の維持管理を

Every two months, your meter is inspected for water usage amount.

① Please clean the inside of Meter Box.

It is important to keep the meter box free from bugs during the warm season. Remove blankets and cloths wrapped around the meter to prevent frosting because it will be infested with bugs.

② Check for water leakage.

Leaks may be detected if the surface is wet. If you do not use water for a while, it might be unable to run.

If you have any question, please consult with city designated plumbing shop.

※ Regarding city designated plumbing shops, please check from city official website.

Inquiries: Suidou Jimusho (Hamura City Waterworks Office) ☎042-554-2269.

< BLOOD DONATION NEEDED! > 愛の献血

Date & Time: March 21st (Fri) 10AM ~ Noon / 1:15PM ~ 4PM

Location: Hamura City Hall, by the Main Entrance

Eligibility: Age 16~69 (Those over age 65/older who had donation experiences at age 60~64 are eligible)

Details: for 400ml or 200ml blood

※ Please check Hamura News version March 1st QR code for unfit donation details.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.623.

PRIMO LIBRARY HAMURA ☎042-554-2280

<Storytelling for Adults> 大人のためのおはなし会

Date and Time: March 14th (Fri) 2PM ~ (about 1 hour).

Location: Primo Hall Yutorogi Lecture Room.

Capacity: First 40.



Details: Storytelling "Osoto ga kieta" and other stories.

Performances by: Ohanashi Hotton (library volunteers)



S&D SWIMMING PLAZA HAMURA ☎042-579-3210

<The 1st Swimming Class> 第1期水泳教室案内

Term: April 3rd (Thu) ~ May 28th (Wed)

Application: March 9th (Sun) ~ 23rd (Sun) 9AM~8:50PM, please in person to S&D Swimming Plaza to apply

** Elementary school students after 5PM, Junior high school students after 7PM, need to company with guardian age over 16 for dropping off and picking up.

■ 3月1日(土) ~ 7日(金)は春の火災予防運動

<Spring Fire Prevention Campaign from March 1st (Sat) ~ 7th (Fri)>

The purpose of this campaign is to prevent fires, minimize damage and protect precious lives and valuable property by raising citizens' awareness and action regarding fire and disaster prevention.

☆ Fire Prevention Campaign

Date and Time: March 8th(Sat). 9th(Sun) 10AM ~ 3PM

Location: JOYFUL HONDA Mizuho shop

Details: Initial firefighting drills, boarding a ladder truck, firefighting PR corner, experience mini firefighting uniforms, first aid training, vehicle display, etc.

※ For details, please inquiry to Fussa Fire Department official website.



☆ Nagaoka Communication Center Festival

Date and Time: March 16th (Sun) 10AM ~ 3PM

Location: Nagaoka Community Center (1180 Tono Hakonegasaki, Mizuho-Machi)

Details: Initial firefighting drills, smoke house, boarding a ladder truck, firefighting PR corner, experience mini firefighting uniforms

※ The ladder truck ride may be cancelled in the event of a disaster.

Inquiries: Fire Prevention Inspection Section, Prevention Division, Fussa Fire Station ☎042-552-0119

<March 24th is World Tuberculosis Day> 3月24日は世界結核デー

Tuberculosis is not a disease of the past. In 2023, 1,190 people were diagnosed with TB in Tokyo and 20 people in the Nishitama Public Health Center area.

The initial symptoms of TB are similar to those of the common cold. If cough and phlegm persist for more than two weeks, please visit a medical institution as soon as possible.

Elderly patients should also pay attention to symptoms such as slight fever, loss of appetite, and weight loss, as cough and phlegm symptoms may not be present.

Even if there are no symptoms, have a chest X-ray once a year.

Inquiries: Nishitama Public Health Center ☎ 0428-22-6141

<The 45th Hamura Consumer's Day> 第45回 羽村市消費者の日

「夢みる給食」無料上映会&地元農家によるミニマルシェ

~ Free screening of 「Yumemiru School Lunch」 & Mini-marche by local farmers

This event will help people think about school lunches, urban agriculture, and help the future of children

to feel connected to the community

Date & Time: March 23rd (Sun) 9:30AM ~ 12:15PM (Doors open and registration: from 9A

Location: Primo Hall Yutorogi, Small Hall.

Organized by: The 45th Hamura Consumer's Day Executive Committee

Supported by: Hamura City

Capacity: General: 100 (in order of application)

High school students and younger: First 152.

※ Children under 2nd grade of elementary school need to accompany by a parent or guardian (no childcare).

Application/ Inquiries: From March 3rd (Mon) 9AM, via application form, please call to the Consumer Affairs Center ☎Ext. 640.

※ No application is required for high school students and younger.

※ Applications by phone are accepted from 8:30AM ~ 5PM (exclude Saturdays, Sundays, and holidays).



3月相談日

PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Appointment required		Shimin Soudan-shitsu city hall ext.541 ◆Public Administration Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only.
Public Administration and Human Rights	27th (Thu)	1:30pm ~ 4:30pm	

*㉠=appointment required. *For Koren and Spanish translation services, please make an appointment in advance

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-shitsu for consultation over the telephone.

3月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
March	9am~5pm		5pm~10pm		9am~5pm	
2nd (Sun)	Ozaki Clinic	☎042-554-0188	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Honda Dental Clinic	☎042-554-4184
9th (Sun)	Yanagida Iin	☎042-555-1800	Hikari Clinic (Fussa-shi)	☎042-530-0221	Ikoma Shika Hamura Shinryoujo	☎042-555-3139
16th (Sun)	Matsubara Naika Iin	☎042-554-2427	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Asahi Kouen Douri Shika Iin	☎042-555-7904
20th (Thu, Holiday)	Matsuda Iin	☎042-554-0358	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Inagaki Shika	☎042-555-6018
23rd (Sun)	Izumi Clinic	☎042-555-8018	Hikari Clinic (Fussa-shi)	☎042-530-0221	Inoue Shika Iin	☎042-554-7735
30th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Usui Shika. Orthodontic Clinic	☎042-579-1199

※ Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily