


## Consultation Desks for parents & guardians



©Ota City

※Please note consultation hours may change under a State of Emergency.

| Consultation reason  | Contact details  |
|--|--|
| <p><b>"I want to consult about my child"</b><br/><b>"I want help with child-rearing"</b></p>   | <p><b>Child and Family Support Center "Kids-na"</b><br/>           Consultations about children and family<br/>           ➤ Kids-na Omori <b>03-5753-7830</b><br/> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Mon-Fri 9:00~18:00, Sat 9:30~18:00</div><br/>           ➤ Kids-na Senzokuike <b>03-5754-7830</b><br/>           ➤ Kids-na Kamata <b>03-5714-1152</b><br/>           ➤ Kids-na Rokugo <b>03-6715-7830</b> } <div style="border: 1px solid black; padding: 2px; display: inline-block;">Mon-Sat<br/>10:00~<br/>18:00</div></p>   |
| <p><b>"I am worried about my child's general and school life and other things related to his/her studies"</b></p>  | <p><b>Ota City Education center</b><br/> <b>Education Consultation room</b><br/>           (guardians of elementary / junior high school students)<br/> <b>03-5748-1201</b><br/>           Mail consultations for children and their guardians<br/> <b>kokoronowa@city.ota.tokyo.jp</b><br/>           Mail exchange is limited to one time only.<br/>           For a more detailed consultation, please call or come in.</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Everyday 9:00~19:00<br/>Sat &amp; Sun are until 17:00<br/>Not including public holidays &amp; end of year</div>  |
| <p><b>"I want advice about child-rearing"</b><br/> <b>"my child cries too much at night", "my child won't eat", "I don't have anyone to help with child-rearing"</b></p> | <p>Consult about your worries concerning child-rearing with a public health nurse!<br/> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Weekday 8:30~17:00</div><br/>           Local Area Health Division (Direct to public health nurse)<br/> <b>Omori 03-5764-0662</b>    <b>Chofu 03-3726-4147</b><br/> <b>Kamata 03-5713-1702</b>    <b>Kojiya / Haneda 03-3743-4163</b></p>   |
| <p><b>"I want advice about child-rearing"</b><br/> <b>"I want to talk informally about child-rearing"</b><br/> <b>"I want to make friends"</b></p>                       | <p><b>Children's Center</b><br/>           Child-rearing consultations<br/> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Mon - Fri 9:00~17:00</div><br/> <small>(※facilities which run after school activities are available until 12:00)</small><br/>           A close consultation facility. Whether you have worries about child-rearing, or want to make friends, the staff will assist you. Children can also consult with staff.<br/> <b>Family Room</b> (Local Children Centers, Ota-kko Hiroba etc)<br/>           Please contact each facility for more details such as the time of the event.<br/>           A place for parents &amp; infants to go to interact, make friends and participate in independent activities etc. throughout the year. Visit your nearby Children's center to discuss with others the things you are excited or worries about concerning child-rearing.<br/>           It is ok to visit from during pregnancy.</p> |
| <p><b>"I want information about childbirth and child-rearing"</b></p>  | <p><b>Child-rearing support via LINE</b><br/>           Bringing you regular information about your (future) child's development to help expectant mothers and mothers in general feel more at ease regarding giving birth and child-rearing<br/> <b>Ota City official "LINE Account"</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Register here ↓</div><br/>           After adding this LINE account, go to the registration page and register your "Expected date of delivery" for the pregnancy period, or "Your child's nickname and Date of birth" for the child-rearing period.</p> <div style="text-align: right;">  </div>   |

## Consultations via LINE!

**"I'm tired out from child-rearing"  
"I'm so frustrated I feel like I'm  
going to hit my child"**

LINE Consultations to stop child abuse(Tokyo)

LINE Official Account

Kogokoro / Oyagokoro

Consultation @Tokyo



※Consultations via phone also accepted

→ "Yoikoni" Phone consultation : 03-3366-4152 <sup>yoikoni</sup>

Weekday 9:00~21:00 / Weekend/Public hol. 9:00~17:00

**"I'm having troubles with my  
everyday life"  
(Struggling with living cost (including  
food), medical costs, etc.)**

Local Social Welfare Division

Omori 03-5843-1028

Chofu 03-3726-5551

Kamata 03-6715-8800

Kojiya and Haneda 03-3741-6521

Weekday 8:30~17:00

## Women only!

**"I want advice about various  
women worries (anxieties with  
life, relationships, finding and  
changing jobs, etc.)"**

*Tanpopo* Consultations  
For Women

**03-3766-6581**

### Available hours

(Special number for consultations)

Mon / Fri 10:00~12:30

Tue / Thu 13:00~15:30

Wed 18:00~20:30

Sat 13:00~18:30

Not including closed day & end  
of year

**"I want to consult about  
domestic violence (DV)"**

**Ota City DV**

**Consultation Dial**

**03-6423-0502**

**"Please consult here first!"**

Weekday 9:00~17:00  
Not including public holidays  
or end of year

Tokyo Women's Consultation  
Center **03-5261-3110**

This number deals with consultations  
about a variety of problems which  
women may struggle with, such as  
violence from a husband or partner,  
problems related to divorce, worries  
relating to gender, mind or body.

Tokyo Women's Plaza  
**03-5467-1721**

Mon - Fri

9:00~20:00

Sat / Sun /Public

holiday / end of year

9:00~17:00

Tue / Thu / Fri

13:00~16:00

Not including public holiday  
and end of year

**Ota City Male**

**Consultation Dial**

**03-6404-6020**

This is a consultation desk for men.  
Don't worry about your household / family  
alone. First, give this number a call! Male  
specialist staff will attend to you. Feel  
free to consult at ease!

17:00~19:30  
2nd & 4th Friday  
Not including public  
holidays or end of year

5-Language DV Consultation Service

(English, Chinese, Korean, Thai, Tagalog)

For people suffering from abuse by their partner.

The counselors specialized in DV help clarify problems, give  
advice for resolution, and introduce appropriate organizations,  
other information, etc

Local Social Welfare Division

Weekday 8:30~17:00

In the case mother and child have to be put under immediate  
protection, your local social welfare division can provide  
consultation and a temporary place for you to live.

Omori 03-5843-1028

Chofu

03-3726-5551

Kamata 03-6715-8800

Kojiya and Haneda 03-3741-6521

**In the case of an emergency, after hours or  
public holiday, contact the police! (110)**