

●NOVEMBER IS THE MONTH FOR PAYMENT OF CHILD SUPPORT ALLOWANCE

The child support allowance for September and October 2025 will be transferred to your designated bank account. If your pension is finalized or if you move out of Tama City, please be sure to submit a notification. For any changes, please make sure to contact us.

△Date of remittance: Tue., Nov. 11 △Note: Please contact us if you have not received the payment by late Nov.
△ID:1003455 △Inquiries: *Kodomo/Wakamono Seisaku-ka* (Children and Youth Policy Section) ☎042-338-6851

●TENANTS OF METROPOLITAN HOUSING (LOCAL ALLOCATION)

△Available housing: Four units for single occupants △Note: For details, please refer to the application guide distributed from Thursday, Nov. 13 to Friday, Nov. 21 at City Hall 1F Information desk/East Building 2F City Planning Section, City Office branches – Seiseki Sakuragaoka Station and Tama Center Station, and Nagayama *Kominkan* (Public Hall) △ID:1010284

△Application/Inquiries: Submit the completed application form by mail to the City Planning Section ☎206-8666 (☎042-338-6817), ensuring it arrives by Thursday, November 27.

●DO YOU THINK IT'S JUST A SIMPLE ARGUMENT? ~Parental fights can hurt a child's mind~

Research shows that when children experience extreme stress, their brains may actually shrink or change shape as they try to adapt. However, with early care and attention, they can recover – so it's important to notice and respond as soon as possible.

*Even if a child isn't in the same room, they can still feel anxious or scared by the sounds and tension of an argument.

*Parents may not intend to cause harm, but children can easily find their parents' behavior frightening.

*Frequent arguments between parents can sometimes become a form of psychological abuse for the child.

△Contact/Consultation: Children and Families Support Center "Nijitama" Hotline

☎042-355-3777 (Monday to Saturday 8:30 a.m. to 6:00 p.m., excluding holidays) △ID:1016851

*If you have
any concerns,
please feel free
to contact us.*

●PLEASE CHECK THE EVACUATION PROCEDURES IN CASE OF AN EARTHQUAKE ~ Together, we can prevent disaster-related deaths ~

Evacuation procedures for those who cannot stay at home or evacuate to relatives (for example, due to damage to their residence or nearby fires)

⇒First, evacuate to primary evacuation shelters (elementary and junior high schools, gymnasiums, etc.)

•Those who require assistance will be evacuated to the "Welfare Space" within the primary evacuation shelter.

•After that, you will be moved to a "secondary evacuation shelter" or a "welfare evacuation shelter" depending on the situation.

△Inquiries: Disaster Prevention and Safety Section ☎042-338-6802



●FREE DISTRIBUTION OF FOOD SUPPLIES

△Date/Time:①Fri., Dec. 12 ②Sat., Dec. 13 ③Sun., Dec. 14 11 a.m.~1 p.m. △Place:①Otsuma Women's University (2-7-1 Karakida) ②Former Toyogaoka Junior High School Clubhouse ③Tama Volunteers and Citizens Activity Support Center △Target: Households living in the city that have children up to university age who are struggling financially, or households living with individuals (generally up to their 30s) who have difficulties in life, such as being unable or finding it hard to form social connections. △Sponsored by: Tama Region Business and University Liaison Council (*YuruTama Net*) △Note: For details, please refer to Volunteers News Nov. issue, *Fukushi Dayori* News Nov. 15 issue △Application: Apply online to Tama City Social Welfare Council from Tue., Nov. 18 △Inquiries: Tama Volunteers and Citizens Activity Support Ctr. ☎042-373-6611

●LET'S CREATE A HEALTHY AND HAPPY COMMUNITY!

~Stop by a Wellness Spot for an easy, on-the-go health check ~



Blood pressure measuring device Check your blood pressure for free

Body composition analyzer Free measurement of weight, body fat percentage, muscle mass, and more

△Wellness Spot location: •City Hall Main building 1F Lobby, *Sekido Kominkan* (VITA Commune 7F), Nikoh Sangyo-NSP *Kenko Fukushima* Plaza 3F, Central Library 2F, Greennade Nagayama 2F, Cafe&living*Kalaka* (4-2-5-107 Toyogaoka), *Shimin Katsudo Koryu Senta* (Citizens Activities/Communication Center) 1F (1-26-1 Kaidori) △Inquiries: Planning Section ☎042-338-6916 △ID:1002745

●TAMA CENTER ILLUMINATION 2025 (Sat., November 15 ~ Mon./Holiday, January 12, 2026)

- Illumination lighting ceremony** Sat., Nov. 15 4:00 p.m.- **△Venue:** *Parthenon Ohdori* intersection
- Hello Kitty will be appearing at Tama Center Illumination!** **△Date/Time:** Sat. Dec. 20 3pm -7 p.m.
- Christmas Night Market** **△Date/Time:** Dec. 20 (Sat.), 21 (Sun.) 10 am - 8 pm, 22 (Mon.) - 25 (Thu.) 3pm - 8pm
△Venue: *Parthenon Ohdori* **△Contents:** Sales of handmade Christmas items, food trucks, etc.

●LIBRARY NEWS: DATABASE INTRODUCTION

At Tama City Library, you can use computers with Internet access throughout the facility to explore a wide range of information. You can also access several online databases from the library's computers. These databases include newspaper and magazine articles, academic papers, company profiles, legal materials, and many other useful resources. One of the featured databases, Yomidas, provides access to the English-language newspaper *The Japan News*. It even has a full-page English translation function, making it convenient for doing research in English. Please note that you'll need to register as a library user to use these databases. We encourage you to visit the library and take advantage of these valuable resources.

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00-17:00 TAMA CITY DOCTORS ASSOC.: <http://www.tama-med.or.jp/toban/>

11/16 (Sun.) Takeshima Medical Clinic
3-11-3 Ochiai ☎042-338-5665
11/23 (Sun./Hol.) Yamazen Medical Clinic
1F Seiseki Sakuragaoka Garden House,
4-40-3 Ichinomiya ☎042-372-5588
11/24 (Hol.) Nagayama Medical Clinic
2F KTA Bldg., 1426 Kotta ☎042-338-2355
11/30 (Sun.) Karakida Eki-mae Clinic ☎042-376-3800
Rm. 104 Plaza Karakida, 1-1-7 Karakida

12/7(Sun.) Abe Tama Center Medical Clinic
1-22-2 Tsurumaki ☎042-373-7755
12/14(Sun.) Esaki Children's Clinic
3-20-2 Ochiai ☎042-376-5225

- Emergency cases only.**
- Be sure to bring your health insurance card and infant healthcare card (if applicable)**
- Please visit during clinic hours**
- ※**Always call in advance**
- ※**This list is subject to change**

NIGHT CLINIC FOR CHILDREN (Health Center)=Pediatrics

Please visit this clinic first if your child has an emergency.
(19:00-21:45) ☎042-375-0909

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) (9:00-15:30 Sundays & public holidays)
☎042-376-8009 Note: Please call in advance.



INFORMATION ON MEDICAL INSTITUTIONS (24/7)

Fire Dept. Emergency Consultation Service ☎ #7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)
Tokyo Met. Med. Health Info Service "Himawari" ☎03-5272-0303

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)
9:00-20:00 ☎03-5285-8181

Counseling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Rm. By appointment only

Japanese Class Schedule

(Classes are free for TIC members)



Commissioned by Tama City

Classes	Venue	Time	Dates	
			November	December
Monday classes	Cocolia 5F, Career Mam	10:00-12:00	10 th	---
	Parthenon Tama 4F, 3 & 4 Meeting rooms	9:45-11:45	17 th	1 st , 8 th , 15 th
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	10 th , 17 th	1 st , 8 th , 15 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	6 th , 13 th , 20 th	4 th , 11 th , 18 th
		19:00-21:00	6 th , 13 th , 20 th	4 th , 11 th , 18 th
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	8 th , 15 th , 29 th	6 th , 13 th , 20 th

△For above inquiries and appointments, please contact TIC Office. Tel. 042-355-2118

Chatting Salon in Japanese Sat., Nov. 22nd 13:30~15:00 TIC Room *No reservations needed. Feel free to join. It's FREE

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Office hours: Mon.-Sat. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, national holidays, year-end and new-year holidays and extra holidays.

If you have any comments or requests regarding Hand in Hand in TAMA, please send them to the above address. This newsletter is available in four languages (Japanese, English Chinese, Korean and easy Japanese); please contact the TIC office if you would like a copy. Editing: Tsutomu Mogami Translations: Fe Murakami