



















sun	mon	tue	wed	thu	fri	sat
	1 closed	2	3 Gardening Club 10:00-12:00 Craft work Club 13:30 ~ 15:00	4	5	6
7 closed	8 closed	9 Reading Time 10:30 ~ 12:00	10  	11	12  	13   Music Time 13:30 ~ 15:00
14 closed	15 closed	16	17  	18 International Mum's Lunch Meeting 12:00 ~ 14:00	19	20 
21 closed	22 closed	23 	24   	25  	26 	27  
28 closed	29 closed	30	31 Sewing Club 10:00 ~ 12:00	Gardening Club · Sewing Club · Craft work Club Music Time · Reading Time are voluntary activities by DROP users. Anyone is welcome to join!		



## Health Support at Kohoku Ward Office

- 4 month old health checkup – 10/5,12,26 (8:45 ~ 9:45)
- ★ 1.5 year old health checkup – 10/4,11,25 (13:00 ~ 13:30)
- ◆ 3 year old health checkup – 10/2,9,23 (13:00 ~ 13:30)
- ♥ Lactation Counseling – 10/3, 17, 31  
(Reservation necessary, Japanese only)  
Contact: 045-540-2340

### DROP Counseling

(Discussing with a professional individually)



10/ 10 (Wed) 13:00-16:00  
10/ 12 (Fri) 9:30-11:30  
10/ 17 (Wed) 9:30-13:30  
10/ 24 (Wed) 13:00-16:00  
10/ 27 (Sat) 10:00-12:00



### Kurumi Salon

(Reservation necessary)  
Let's talk about raising kids with  
the midwife and other mums.  
10/ 25 (Thu) 10:30 ~ 12:00



### 'Iroenpitsu' Bread Sale

Don't miss it!  
10/ 10, 24 12:00 ~ 12:30

### DROPPA

#### 1. Daddy's Gathering

Gathering for dads. Come and join us!  
10/ 13 (Sat) 13:30 ~ 15:00



#### 2. Daddy's Cooking Lesson

Look on the back side for details.  
\*Reservations necessary  
10/ 27 (Sat) 10:00 ~ 13:00



## Programs

- **Twins and Triplets' Meeting** 10/12 (Fri) 10:00-12:00
- **Child Birth Class @ Drop** 10/13 (Sat) 10:00-12:00  
Mum-to-be and her family will join us for a discussion.
- **Mum's health counseling & Family nutritional guidance**  
10/17 (Wed) 10:00-11:30 \*See back side for details.
- **International Mum's Lunch Meeting**  
10/18 (Thu) 12:00-14:00  
Let's have cross-cultural lunch time! Bring your lunches.
- **Labor Meeting** 10/20 (Sat) 14:00-15:00  
\*See back side for details.
- **Play Time** 10/23 (Tue) 11:30-12:00  
Fun singing and dancing with volunteer staff!
- **Outing with Playing Meister** 10/23 (Tue) 13:30-15:00  
We will be walking to Futoo Minami Park.
- **Kids' Meal Course (Joint Plan with Public Nursery School)**  
10/24 (Wed) 10:30-12:00  
\*See back side for details. Reservation Necessary
- **Home Health Care Course** 10/25 (Thu) 14:00-15:30  
\*See back side for details. Reservation Necessary
- **Mama Café 'Oka-cha-n'** 10/26 (Fri) 14:00-  
Tea time for mums (presented by our volunteer staff).

If you have any inquiry or need language support,  
please contact us at...

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