

| sun  | mon          | tue  | wed   | thu  | fri  | sat |
|--|--------------|--|---|--|--|-----|
| Gardening Club · Sewing Club · Craft work Club<br>Music Time · Library corner are voluntary activities<br>by DROP users.<br>Anyone is welcome to join! |              |  |   |  | 1  | 2   |
| 3<br>closed  | 4<br>closed  | 5<br>Craft work Club<br>10:30 ~ 12:00<br>3year check-up<br>12:45 ~ 13:30             | 6<br>Gardening Club<br>10:00 ~ 12:00<br>Breast-feeding<br>counselling           | 7<br>"Iroenpitsu"<br>Bread Sale<br>12:00 ~ 12:30<br>1.5year check-up<br>12:45 ~ 13:30            | 8<br>Sewing Club<br>10:00 ~ 12:00<br>4month check-up<br>8:45 ~ 9:45  | 9   |
| 10<br>closed   | 11<br>closed | 12<br>Library corner<br>10:30 ~ 12:00<br>3year check-up<br>12:45 ~ 13:30             | 13<br>Breast-feeding<br>counselling   | 14<br>1.5year check-up<br>12:45 ~ 13:30  | 15<br>4month check-up<br>8:45 ~ 9:45                                 | 16  |
| 17<br>closed   | 18<br>closed | 19   | 20<br>closed  | 21<br>International Mum's<br>Lunch Meeting<br>12:00 ~ 14:00<br>1.5year check-up<br>12:45 ~ 13:30 | 22<br>Sewing Club<br>10:00 ~ 12:00<br>4month check-up<br>8:45 ~ 9:45 | 23  |
| 24<br>closed   | 25<br>closed | 26<br>"Iroenpitsu"<br>Bread Sale<br>12:00 ~ 12:30<br>3year check-up<br>12:45 ~ 13:30 | 27<br>Music Time<br>11:00-12:00<br>13:30-15:00<br>Breast-feeding<br>counselling | 28   | 29   | 30  |
| 31<br>closed   |              |  |   |  |  |     |

## Health Support at Kohoku Ward Office

- 4 month old health checkup – 3/8,15,22 (8:45 ~ 9:45)
- ★ 1.5 year old health checkup – 3/7,14,21 (12:45 ~ 13:30)
- ◆ 3 year old health checkup – 3/5,12,26(12:45 ~ 13:30)
- ♥ Breast-feeding Counseling  
(Reservation necessary, Japanese only)  
Contact: 045-540-2340

### DROP Counseling

(Discussing with a professional individually)



|            |             |
|------------|-------------|
| 3/8 (Fri)  | 9:30-11:30  |
| 3/9 (Sat)  | 9:30-11:30  |
| 3/15 (Fri) | 9:30-13:30  |
| 3/27 (Wed) | 10:00-12:00 |
| 3/29 (Fri) | 10:00-12:00 |
| 3/30 (Sat) | 10:00-12:00 |

### Kurumi Salon

(Reservation necessary)

Let's talk about raising kids with  
the midwife and other mums.

3/28 (Thu) 10:30-12:00

### 'Iroenpitsu' Bread Sale

Don't miss it!

3/7(Thu), 21(Thu), 26(Tue) 12:00 ~ 12:30

### 'Ha-ha-ha' Teeth Support

Counseling with the Hygienist.

3/8 (Fri) 13:30 ~ 15:00

### DROPPA

#### Daddy's Gathering

Gathering for dads. Come and join us!

3/2 (Sat) 10:30-12:00

## Programs

- **Farewell Party** 3/9 (Sat) 15:00-15:40  
Let's celebrate the beginning of the new year.
- **Twins and Triplets' Meeting** 3/12 (Tue) 10:00-12:00
- **Let's go Walking** 3/19 (Tue) 10:30-12:30  
We will walk to Tsunashima 'Mocky'. Ask for details.
- **International Mum's Lunch Meeting** 3/21(Thu) 12:00-14:00  
Let's have cross-cultural lunch time! Bring your lunches.
- **Mums-to-be Café** 3/25 (Mon) 10:30-12:00  
Meeting for Mums-to-be. Ask for details. \*Reservations necessary.
- **Play Time** 3/26 (Tue) 11:30-12:00  
Fun singing and dancing with volunteer staff!
- **Fun with Playing Meister** 3/26 (Tue) 13:30-15:00  
Program will be decided by everyone! Let's have fun together.
- **Hiroba Meeting** 3/28 (Thu) 13:30-15:00  
Meeting to make DROP more comfortable for everyone.
- **Mama Café 'Oka-cha-n'** 3/29 (Fri) 14:00-  
Tea time for mums (presented by our volunteer staff).
- **Labor Meeting** 3/30 (Sat) 14:00-15:00  
Discussion and information for working mums.

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

【TEL】 045-540-7420

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