



Useful information for Foreigners living in Gunma.

## Consultation on human rights issues in foreign languages



Sources:

The Human Rights Bureau,  
the Ministry of Justice

**D**on't worry alone, please consult with the Human Rights Bureau of the Ministry of Justice as necessary. The officials and Human Rights Commissioners will consult with you and think together about the best way to solve your worries or problems.

The Human Rights Bureau of the Ministry of Justice has created leaflets in 10 foreign languages that explain in an easy-to-understand manner about the "three human rights counseling services" for foreigners, as well as the investigation and remedy procedures at the Legal Affairs Bureau. For details, please check the website below. <https://www.moj.go.jp/JINKEN/jinken21.html>

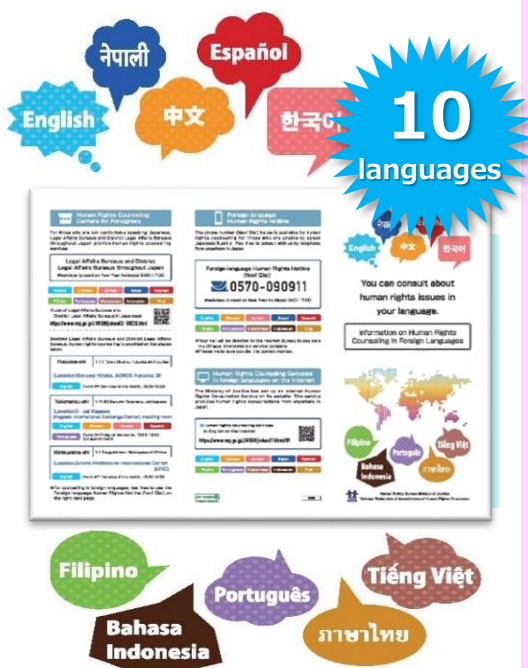
### ◆ Three human rights counseling services.

1. Counseling Center  
(Legal Affairs Bureaus)
2. Internet Consultation
3. Hotline (Navi Dial\*)  
**0570-090911**



**3 ways**

\*"Navi Dial (Navigation Dial)" is the NTT's Japan-wide call handling service that NTT enable callers to be connected without any delay.



## HEALTH CHECK-UP FOR CHILDREN in October 2024

(Place: Annaka Health Center Time: 13:00-14:00)



Category	Birthday (Month/Year)	Date & Time (Month/Day)	Things to Bring
4 Months Old Health Checkup	Jun. 2024	10/25 (Fri.)	<input type="checkbox"/> Maternal and Child Health Handbook <input type="checkbox"/> Bath Towel <input type="checkbox"/> Medical questionnaires <input type="checkbox"/> Child Rearing Support Sheet <input type="checkbox"/> Health Check Sheet <input type="checkbox"/> Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) <input type="checkbox"/> Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) <input type="checkbox"/> Urine sample (for 3 years old children) ♡♡♡For inquiries: ♡♡♡ <b>Annaka City Health Center</b> Tel: 027 382 1111 (Ext. 1174) <b>Matsuida Health Center</b> Tel: 027 382 1111 (Ext. 2151)
8 Months Old Health Checkup	Jan. 2024	10/18 (Fri.)	
1 Year Old Child-rearing Consultation	Sep. 2023	10/28 (Mon.)	
18 Months Old Health Checkup	Mar. 2023	10/9 (Wed.)	
2 Years Old Dental Checkup	Aug. 2022	10/23 (Wed.)	
30 Months Old Dental Checkup	Feb. 2022	10/17 (Thu.)	
3 Years Old Health Checkup	Aug. 2021	10/3 (Thu.)	



## Service

## Citizen's Division holiday counter

(Oct. 10 to Nov. 15, 2024)

## ◆Service content:

Issuance of various certificates handled by the Citizen's Division.

## ◆Inquiries:

Annaka City Hall, Citizen's Division Tel: 027-382-1111 (Ext. 1104)

**Oct. 20, 2024 (Sun)**  
 8:30 -12:00

**Nov. 3, 2024 (Sun)**  
 8:30 -12:00


## Holiday duty doctor (October 10 to November 15, 2024)

Date	Internal medicine		General surgery	
10/13 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
10/14 (Mon) *holiday	▼9:00 am-6:00 pm Arisaka Clinic, Tel: 027-381-0485	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	
10/20 (Sun)	▼9:00 am-6:00 pm Saruya Clinic, Tel: 027-384-3681	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
10/27 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
11/3 (Sun)	Shoda Hospital, Tel: 027-382-1123		Shoda Hospital, Tel: 027-382-1123	
11/4 (Mon) *holiday	▼9:00 am-6:00 pm Takei Internal Medicine, Tel: 027-393-1005	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
11/10 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	