

## Get involved

### ■ Become a member

You are welcome to be a regular member, and join our activities !

### ■ Support now

Your small and heartfelt contribution will be greatly useful for supporting mothers raising their children in Japan.

### ■ Become a volunteer

Please join our activities, bringing forward what you are good at ,when ever you can.

### ■ Buy craft goods

Thank you for supporting our activities by buying cute and useful goods!



Please check our website for more details!  
<https://mothers-tree-japan.org>

We are looking forward to seeing you!

## [Outline]



### <Name of organization>

NPO Mother's Tree Japan

### <Address>

#101 Horimoto Bld., 4-38-5 Chihaya,  
Toshima-ku, Tokyo, Japan, 171-0044

### <Date of establishment>

June 29, 2020

### <President>

Masayuki Tsubonoya

[motherstreejapan@gmail.com](mailto:motherstreejapan@gmail.com)

070-8597-2340

HP <https://mothers-tree-japan.org>



Non profit organization

**Mother's Tree Japan**

We want to be a caring and  
resourceful organization  
that values diversity for all  
mothers raising their  
children in Japan.



## What we value

Let's enjoy the differences.  
Let's value the differences.  
Let's realize that differences enrich  
our society and its future.

Mother's Tree Japan works to  
provide a support system for  
women during maternity and  
post-natal care.

Also connecting you to  
resources you need when raising  
your children.

The mother's wellbeing is  
important to us and we want to  
help ease your stress while living  
in Japan.

## Our Support Services

Please feel free to consult with us about your  
physical and mental health during pregnancy. If you  
have anxiety or questions about childbirth,  
postpartum, parenting or written notifications that  
you don't understand. We will be happy to help.

### Face-to-face and online consultation about pregnancy



#### ◆Face-to-face consultation

- At IKE・Biz としま産業振興プラザ
- Approximately 60 minutes  
(Please make a reservation in advance.)
- Please check the calendar on the website  
to see when interpreters are available.

#### ◆Online consultation

- LINE Consultation  
(Interpretation is available upon request.)
- Online consultation via ZOOM/LINE/Messenger  
(Please make a reservation in advance.)

We can accompany you to medical institutions,  
public institutions, child care groups, daycare  
interviews and so on.

### Accompanying service

#### ◆Face-to-face accompanying service

- (metropolitan area)
- (Please make a reservation in advance.)
- We thank you in advance for the little support  
you provide, to cover the transportation  
cost ,and service for the volunteer staff  
accompanying you.

#### ◆online accompanying and interpretation

(Please make a reservation in advance.)  
We will accompany you , and do interpreting  
through one of your device such as a smart  
phone or a tablet.

We will bring you support for a safe  
birth ,and one that respect your culture.

### Prenatal and postnatal classes in your native language

#### ◆Regular Classes in Toshima area

#### ◆Online classes

Please check the calendar on  
the website .

※We also can provide classes  
at your home or near by. We hold  
classes upon request from organizations or individuals  
with a minimum of three peoples.  
(If you live outside Tokyo, please contact us.)



### Multicultural Parenting Lab 「「Share and Learn」」



We hold events and gatherings to bring  
together and celebrate the wisdom of  
parenting from various countries.

### Useful information

You can find useful information  
on our YouTube Chanel,Home Page  
FB, etc.

