

# Nara Prefecture Prefectural Citizen's Life Consultation Center

This is an integrated center that provides consultations, information, and awareness-raising for/on consumer affairs, gender equality, single-parent families, foreign residents, and LGBTQ+ issues.

The functions of the Consumer Affairs Center and Gender Equality Center are included in the center.



## Consultations

Professional advisors are available. All consultations are free and confidential.



### Consumer Consultations

Professional advisors are available to provide advice and act as intermediaries to help resolve various issues related to consumer affairs, such as goods and services that have been purchased.



### Women's Consultations

Female advisors provide consultations on various concerns women may have, including lifestyle, family, partners, work, working environments, human relationships, and more. Consultations with female lawyers are also available.



### Single-Parent Family Consultations

Consultations are available for single parents and people who are considering divorce on financial support, benefits, child-rearing support services, and arrangements for child-rearing expenses and visitation rights. Consultations with female lawyers and other professionals are also available.



### Men's Consultations

Male advisors provide consultations on various concerns men may have, including lifestyle, family, partners, work, working environments, human relationships, and more.



### Foreign Residents Consultations

Consultations are available for foreign residents regarding concerns and issues in daily life in Japan. (Languages available: Japanese, English, Chinese, Vietnamese, and eight other languages.)



### LGBTQ Consultations

Consultations are available for people who identify as LGBTQ+ or are wondering whether they may be LGBTQ+, as well as for their family, friends, and people involved with them at work or school.



## Awareness-Raising and Information Provision

Provision of information useful for daily life, as well as a place for learning and exchanges.

### Lectures and Events / Materials and Information

- Lectures and events on consumer issues, gender equality, and multicultural affairs are available.
- Preparation and distribution of awareness-raising materials, as well as information provided on our website, are available.



### Place for Awareness-Raising and Exchange

- Various pamphlets and related books are available for reading and borrowing.



### Community Group Registration

- Meeting spaces are available for registered community groups, and seminars and events can be held in cooperation with the center.





# Consultation Counter Information

Consultations are available by phone or in-person.  
**The telephone numbers, dates and times for each consultation counter differ, so please check carefully.**

Free Consultations  
 Strictly Confidential



| Name of Consultation Counter                                                                                          | Telephone Number                                                                                           | Date and Time of Consultation (excluding national holidays and the New Year holiday period)                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Consumer Consultation<br>(Consumer Affairs Center)                                                                    | 0742-81-9996                                                                                               | Weekdays<br>9:00-12:30 and 13:30-16:30                                                                                                                                                                              |
| Consumer Consultation<br>(Consumer Affairs Center<br>Chunanwa Branch Office)                                          | 0745-22-0931                                                                                               | Weekdays<br>9:00-11:30 and 12:30-16:30<br>Address: 12-5 Katashio-cho, Yamatotakada City<br>Yamato Takada Community Center (Cosmos Plaza)                                                                            |
| Women's Consultation<br>※Advance reservation is required<br>for in person consultation.                               | 0742-22-1240                                                                                               | Tuesday to Saturday<br>(If Monday is a national holiday, the following weekday<br>will be closed.)<br>9:00-12:30 and 13:30-16:30                                                                                    |
| Single-Parent Family<br>Consultation(Smile Center)<br>※Advance reservation is required<br>for in person consultation. | 0742-24-7624                                                                                               | Tuesday to Saturday<br>(If Monday is a national holiday, the following weekday<br>will be closed.)<br>9:00-12:30 and 13:30-16:30                                                                                    |
| Foreign Residents<br>Comprehensive Consultation                                                                       | 0742-81-3420                                                                                               | Tuesday to Saturday<br>(If Monday is a national holiday, the following weekday<br>will be closed.)<br>9:00-12:30 and 13:30-16:30                                                                                    |
| Ukrainian Refugees<br>One-Stop Consultation                                                                           | 0742-81-4310                                                                                               | Tuesday to Saturday<br>(If Monday is a national holiday, the following weekday<br>will be closed.)<br>9:00-12:30 and 13:30-16:30                                                                                    |
| Men's Consultation<br>※Advance reservation is required<br>for in person consultation.                                 | <For phone consultation><br>0742-27-0304<br><For in person consultation<br>reservations> ※<br>0742-27-2300 | The first and third Saturdays of every month<br>13:30-16:20<br>※Reservation Hours: Tuesday to Saturday<br>(If Monday is a national holiday, the following weekday<br>will be closed.)<br>9:00-12:30 and 13:30-17:00 |
| LGBTQ Consultation<br>(LGBTQ+Rainbow Consultation)<br>※Advance reservation is required<br>for in person consultation. | <For phone consultation><br>0742-81-3905<br><For in-person consultation<br>reservations> ※<br>0742-27-2300 | The second Saturday of every month<br>13:30-16:20<br>※Reservation Hours: Tuesday to Saturday<br>(If Monday is a national holiday, the following weekday<br>will be closed.)<br>9:00-12:30 and 13:30-17:00           |

- In cases involving multiple issues, counselors from different counters will provide consultation together.
- Depending on the details of the issue, other experts or related organizations may be introduced.

## Nara Prefectural Citizen's Life Consultation Center

TEL 0742-81-9111(Main)

**Kintetsu Takama Building 38-3 Takama-cho, Nara City, 630-8241**

(Directly connected to Exit No.7 from the West Ticket Gate at Kintetsu Nara Station)

**2F Awareness-Raising and Exchange Space and Lecture Room**

【Opening Days and Hours】 Mon. to Sat.

(excluding national holidays and the New Year holiday period)

9:00-12:30 and 13:30-17:00

**5F Consumer Consultation Division** (Consumer Consultation)

**6F Gender Equality and Foreign Residents Support Division**

(Women's Consultation, Single-Parent Family Consultation, Foreign Residents Consultation, Men's Consultation, and LGBTQ Consultation)

