

# MAMAS club for foreign mothers

## MIZUMAKI INTERNATIONAL ASSOCIATION

- ★Do you have friends who can share your worries or anxiety about raising your kids ?
- ★Do you have any questions about the Japanese school system or teachers ?
- ★Do you know how to make bento boxes ?

We are here to make your life in Japan comfortable. Mama's Club is a support group for those who want to learn more about Japan, or Japanese culture.



### EVENTS

#### September【Let's make bento boxes】

Learn how to make bento boxes

#### November【Let's ask teachers】

Ask school teachers about Japanese school

#### January【Japanese manners lesson】

Learn about Japanese manners/culture

#### March【Basic Japanese cooking】

Learn how to make traditional Japanese food

## Let's make bento boxes

Have you ever thought "How do Japanese mothers make such pretty bento boxes ?"

There are some tips to make a bento box.

To make it look pretty,

To keep it fresh

Our special instructor gives you a great lesson to make a perfect bento box.

Why don't you join our bento box lesson?

**Date and Time: September 22(Sat) from 14:00-16:00 ※reservation needed**

**Place Mizumaki: community center (chuo kouminkan)**

**Fee 500yen ※ Bring a box for the bento**

**See details on back→**



# How to apply 【let's make bento boxes】

1.Fill in the application form below

Application Deadline / September 14 (Fri.)

Name	First Language	Japanese level
Address	Telephone	
Food allergy		
Yes (Detail : _____ ) / No		

2. Bring (or E-mail or FAX) the application to our office.

## Contact

Mizumaki community center (Chuo Kouminkan) 2F

Address: Onga gun Mizumaki machi Korosue kita 1-1-2)

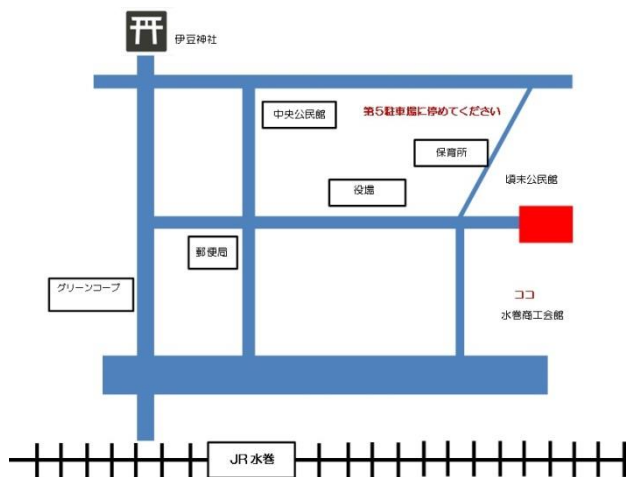
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HP:<http://mizumakikokusai.jp/>

Check out our facebook 【@mia429】



3. We will contact you soon!

## Q and A

- Q1. Should I be able to speak Japanese? ----- Don't worry! Converation about café's cooking is so easy.
- Q2. Can I get more information?----- You can check our facebook page!
- Q3. Can I bring my kids?...Sure! Please tell us in advanced. We have a babysitter service.

## Feel free to contact us!