

Support Systems for Single Parent Households

ひとり親家庭の支援制度

Please refer to each contact information respectively for more details.

Only available in Japanese. "Ward Office" and "Branch Office" refer to the offices of the ward you reside in.

詳しいことは、問合せ先に聞いてください。問い合わせ先は、日本語で対応します。

1 **Financial Support or Pension** 手当や年金をもらう

① **Child-Rearing Allowance / Nagoya City Single Parent Household Allowance / Aichi Prefecture Bereaved Child Allowance**

This support is available for those who are raising a child 18 years or younger on his/her own due to divorce, not getting married, death, etc.

* This includes cases where the father or mother has certain disabilities.

* If your child is 18 years old, you will be eligible for support from your child's birthday to March 31st.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

① じどうふようてあて なごやし おやかていてあて あいちけん いじてあて **児童扶養手当・名古屋市ひとり親家庭手当・愛知県遺児手当**

離婚、未婚、死亡などのため1人で18歳以下のお子さんを育てている場合に支給されます。

※お父さんまたはお母さんが一定の障害の状態にある場合を含みます。

※お子さんが18歳の場合、誕生日から最初の3月31日までは対象になります。

問合せ先：区役所民生子ども課 支所区民福祉課

② **Child Allowance**

This support is available for those raising a child who will be 18 years old or younger as of the next March 31.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

じどうてあて
②児童手当

18 歳以下のお子さんを養育している場合に支給されます。

※18 歳の範囲は、18 歳になった後の最初の 3 月 31 日までとなります。

問合せ先：区役所民生子ども課 支所区民福祉課

③ Basic Pension for Bereaved Families

This support is available for those who are living together with a child 18 years or younger after the death of a spouse who was enrolled in the national pension or in the old-age basic pension for 25 or more years.

* If your child is 18 years old, you will be eligible for support from your child's birthday to March 31st.

Contact Information:

1) Health Insurance & Pension Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

いぞく き そねんきん
③遺族基礎年金

国民年金加入者や老齢基礎年金に 25 年以上加入していた方が死亡し、その配偶者が 18 歳以下のお子さんと一緒に暮らしている場合などに支給されます。

※お子さんが 18 歳の場合、誕生日から最初の 3 月 31 日までは対象になります。

問合せ先：区役所保険年金課 支所区民福祉課

2 Reducing Financial Burden

経済的な負担を軽減する

④ Medical Expense Subsidies for Single Parents, Single Guardians, Etc.

Households

Subsidies for medical co-payments are available.

Contact Information:

1) Health Insurance & Pension Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

おやかていとういりょうひじょせい
④ひとり親家庭等医療費助成

医療費の自己負担分が助成されます。

問合せ先：区役所保険年金課 支所区民福祉課

⑤ Reductions and Exemptions of National Health Insurance Premiums

Widows or single parents recognized under the tax law, are exempt from any national health insurance premiums.

*Conditions apply.

Contact Information:

1) Health Insurance & Pension Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

⑤国民健康保険料の減免

税法上の寡婦またはひとり親の方は国民健康保険料が減免されます。

※条件があります。

問合せ先：区役所保険年金課 支所区民福祉課

⑥ National Pension Insurance Premium Exemptions and Deferments

Widows or single parents recognized under the tax law, can be deferred or exempt from any national pension insurance premiums.

*Conditions apply.

Contact Information:

1) Health Insurance & Pension Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

⑥国民年金保険料の免除・猶予

税法上の寡婦またはひとり親の方は国民年金保険料が免除・猶予されます。

※条件があります。

問合せ先：区役所保険年金課 支所区民福祉課

⑦ Reductions and Exemptions of Waterworks and Sewerage Costs

Households receiving child-rearing allowance will have their waterworks and sewerage costs reduced.

*Only when the beneficiary is under contract.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

⑦上下水道料金金の減免

児童扶養手当の支給を受けている世帯を対象に、上下水道料金が減額されます。

※受給者本人が契約している場合に限りです。

問合せ先：区役所民生子ども課 支所区民福祉課

⑧ JR Commuter Pass Special Discount

Households receiving child-rearing allowance will receive a 30% discount if they submit a certificate issued by a ward office/branch office when buying a JR commuter pass.

* Student commuter passes are not eligible.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

⑨ JR通勤定期特別割引

児童扶養手当の支給を受けている世帯は、区役所・支所が発行する証明書を提出してJR通勤定期乗車券を買うと、3割引されます。

※通学定期乗車券は対象外です。

問合せ先：区役所民生子ども課 支所区民福祉課

* Fixed period use fee discount for paid bicycle parking areas

Households receiving child rearing allowance can receive a discount on the fixed period use fee for certain eligible paid bicycle parking areas located near stations.

Silver Human Resources Center : TEL 842-4688

Ivy Park Call Center : TEL 0120-924-396

※有料自転車駐輪場における定期利用料金の軽減

児童扶養手当を受給している世帯を対象に、一部の対象駅周辺に設置された有料自転車駐輪場において、定期利用料金が軽減されます。

シルバー人材センター : TEL 842-4688

アイビーパークコールセンター : TEL 0120-924-396

3 Tax Deductions 税の減免を受ける

Those who meet the conditions per tax laws will be eligible for tax reductions.

In addition, those who meet the conditions may be exempt from residents' tax (city/prefectural tax) or may receive deductions.

If you wish to apply, be sure to file your year-end tax adjustments and final tax returns.

Contact Information: Municipal Tax Office in your ward

税法上の条件に該当する方は、税金が軽くなる制度の適用を受けることができます。また、条件に該当する方は、住民税（市・県民税）が非課税となったり、減免される場合があります。

適用を受けようとする場合は、年末調整や確定申告で忘れずに申告をしてください。

問合せ先：お住まいの区の市税事務所

4 Loans

貸付を受ける

⑨ Widow / Single Parents & Child Welfare Fund or Loan

Nagoya City Widower Welfare Fund and Loans

You may borrow money as needed for: studying at school, acquiring skills, finding employment, moving, etc.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

ほ し ふ し か ふ ふくし し きん か し つ け きん
⑨母子父子寡婦福祉資金貸付金
な ご や し か ふ ふくし し きん か し つ け きん
名古屋市寡夫福祉資金貸付金

学校での勉強、技能の習得、就職、転居などに必要な経費を借りることができます。

問合せ先：区役所民生子ども課 支所区民福祉課

5 Finding a Job & Improving Your Skills

仕事を探す・スキルアップをする

⑩ Higher Vocational Training Financial Aid

Financial aid for living expenses for a specified period of time is available if studying at an educational institution for at least one year in order to obtain a qualification which is required for employment or transferring into a profession such as nursing.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

こうとうしよくぎょうくんれんそくしんきゅうふきん
⑩高等職業訓練促進給付金

看護師など就職・転職に必要な資格を取得するため、養成機関で学ぶ場合に、生活費の支援として一定期間支給されます。

問合せ先：区役所民生子ども課 支所区民福祉課

⑪ Higher Vocational Training Loan

If you aim to acquire a qualification while receiving financial aid from ⑩ written above, you may borrow money as necessary when enrolling into an institution and/or when hired for a new job.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

こうとうしよくぎょうくんれんそくしんしきんかしつけ
⑪高等 職 業 訓練促進資金貸付

上記⑩の給付金を受給しながら資格取得を目指す場合に、入学する時と就職する時に必要なお金を借りることができます。

問合せ先：区役所民生子ども課 支所区民福祉課

⑫ Independent Living Support & Educational Training Financial Aid

Part of your tuition fee will be subsidized when taking courses in order to obtain a qualification in fields such as nursing care.

※ Conditions apply. Please contact us before starting a course.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

じりつしえんきょういくくんれんきゅうふきん
⑫自立支援教育訓練給付金

介護などの資格を取得するため、講座を受講する場合に、受講料の一部が助成されます。

※条件があります。受講を始める前にご相談ください。

問合せ先：区役所民生子ども課 支所区民福祉課

⑬ Certificate for Students Achieving the Proficiency Level of High School

Part of your tuition fee will be subsidized when you take courses in order to obtain the Certificate for Students Achieving the Proficiency Level of High School.

*Conditions apply. Please contact us before starting a course.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

こうとうがっこうそつぎょうていどにんていしけんごうかくしえんきゅうふきん
⑬高等学校卒業程度認定試験合格支援給付金

高等学校卒業程度認定試験に合格するため、講座を受講する場合に、受講料の一部が助成されます。

※条件があります。受講を始める前にご相談ください。

問合せ先：区役所民生子ども課 支所区民福祉課

⑭ Career Development Class

We hold classes to help people acquire skills and knowledge such as: computing and nursing care that are advantageous for finding employment and changing jobs.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

しゅうぎょうしえんこうしゅうかい
⑭就 業 支援講習会

パソコンや介護など、就職・転職に有利なスキルや知識を身に付けるための講習会を開催しています。

問合せ先：区役所民生子ども課 支所区民福祉課

⑮ Applications for Selling Tobacco

Criteria for obtaining permits for selling tobacco will be relaxed.

Contact Information: Finance Division, Finance Department, Tokai Local Finance Bureau
TEL: 052-951-2546

⑮たばこの販売のための申請

たばこ販売のため申請をする場合に、許可の基準が緩和されます。

問合せ先：東海財務局理財部理財課 TEL 951-2546

⑯Housing Support Loan

This support is available for those who are recipients of the Independence Support Program for Single Parent Families, and are actively working towards becoming self dependent.

Contact Information: Joinas.Nagoya TEL 052-252-8824

⑯住宅支援資金貸付事業

母子・父子自立支援プログラムを利用し、自立に向けて意欲的に取り組んでいる方は、家賃の貸付を受けることができます。

問合せ先：ジョイナス.ナゴヤ TEL 252-8824

Work Consultations 仕事の相談先

(1) A Hello Work office near you

Some Hello Work offices have interpreters available Please check our website.

▶ Ministry of Health, Labour and Welfare Website

<https://www.mhlw.go.jp/content/000592865.pdf>

(1) お近くのハローワーク

通訳がいるハローワークもあります。ホームページを見てください。

<https://www.mhlw.go.jp/content/000592865.pdf>

(2) ジョイナス.ナゴヤ (Joinas.Nagoya)

We help single-parents find jobs. TEL 252-8824

(2) ジョイナス.ナゴヤ (Joinas.Nagoya)

ひとり親家庭の方の仕事探しをお手伝いします。 TEL 252-8824

6 Finding a place to live.

住まいを探す

⑰ Public Housing

Municipal housing and prefectural housing are also available for single parent families.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

こうえいじゆうたく にゆうきよぼしゆう
⑰公営住宅の入居募集

市営住宅・県営住宅では、一般募集の他に、ひとり親家庭世帯向けの募集を行っています。

問合せ先：区役所民生子ども課 支所区民福祉課

⑱ Mother and Child Support Facility

This is a facility for mothers with children under the age of 18 who need protection.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

ほ し せいかつしえんしせつ
⑱母子生活支援施設

保護が必要な 18 歳未満のお子さんとそのお母さんが入所する施設です。

問合せ先：区役所民生子ども課 支所区民福祉課

⑲ Rental Housing Consultation (Reservations Only)

Consultations are available for households with children who are looking for rental housing.

Contact Information: Housing Counter (Sumai no Madoguchi)

Oasis 21 Bus Terminal, 11-1 Higashisakura-1-chome, Higashi-ku, Nagoya TEL: 052-242-4555

みんかんちんたいじゆうたくにゆうきよそうだん よやくせい
⑲民間賃貸住宅入居相談（予約制）

民間賃貸住宅への入居を希望する子育て世帯などに対し入居相談を行っています。

問合せ先：住まいの窓口 東区東桜一丁目 11 番 1 号 オアシス 21 バスターミナル内
TEL 961-4555

7 Getting Child Care Support

子育て支援を受ける

㊹ Short-term Foster Care (Short Stay)

If it becomes difficult to take care of a child for a short period of time due to reasons such as a parent or guardian becoming ill, your child/children may be temporarily fostered at an infant-care center, children's group home, or foster home for up to one week.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

㊹ こども たんきにゆうしよせいかつえんじょ しよーとすてい 子どもの短期入所生活援助（ショートステイ）

保護者の病気など社会的な理由により一時的に家庭での子育てが難しい場合に、原則、一週間を限度に、乳児院・児童養護施設・里親宅でお子さんを預かります。

問合せ先：区役所民生子ども課 支所区民福祉課

㊹ Support Programs for Single-Parent Households

When a single parent (divorced, widowed, etc.) needs support in his/her daily life:

(1) Daily Living Support: An assistant will visit your home to help with housework and/or nursing care.

(2) Child Care Support: Your child/children may be temporarily fostered at a designated child-care facility.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

㊹ おやかていとうせいかつしえん ひとり親家庭等生活支援

ひとり親家庭の方や寡婦の方、寡夫の方などが日常生活にお困りの場合に、

（１）生活援助：ご自宅にヘルパーが訪問し、家事や介護をお手伝いします。

（２）子育て支援：指定の保育施設で、お子さんを一時的に預かります。

問合せ先：区役所民生子ども課 支所区民福祉課

㊹ Multiple Child Care Options

Nursery schools are available if parents or guardians need child care for reasons such as work commitments. There are also: holiday child care, extended child care, nighttime child care, child care for sicknesses, and child care post-sickness, among others.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

㊹ たようほいく 多様な保育

保護者の仕事などの理由でお子さんの保育が必要な場合、保育所などが利用できます。休日保育や延長保育、夜間保育、病児保育、病児後保育などもあります。

問合せ先：区役所民生子ども課 支所区民福祉課

㉓ Child Care in Kindergartens

Short-term child care may be provided at the kindergarten or certified child-care center your child/children attends.

Contact Information: Attending kindergarten or certified child-care center

㉓ ようちえん幼稚園におけるあずかりほいく預かり保育

通っている幼稚園または認定こども園において一時預かり保育を行います。

問合せ先：各幼稚園 認定こども園

㉔ Short-term Child Care

Due to sudden, unforeseen circumstances, if it becomes difficult to take care of your child/children at home, or if there is a need to reduce the physical and mental burden on parents and guardians due to child care fatigue, we will take care of your child/children temporarily.

Contact Information:

1) Public & Child Welfare Division, Short-term Child Care Programs, Ward Office

or

2) Residents' Welfare Division, Branch Office

Nobinobi Child-Rearing Support Program Headquarters (Nagoya City Hall) TEL: 052-962-5102

Child Care Support Programs Child Care Support Locations

㉔ いちじあず一時預かり

急に発生した事情などにより、一時的に家庭での保育が難しくなる場合や、育児疲れによる保護者の心や身体の負担を減らすため、お子さんを一時的に預かります。

問合せ先：

一時保育 区役所民生子ども課 支所区民福祉課

のびのび子育てサポート 本部 TEL962-5102

子育て応援拠点 各子育て応援拠点

8 Financial Security for Children's Education

子どもの養育費を確保する

㉕ Financial Aid

Depending on which school your child/children attend(s), school costs may be subsidized.

Contact Information: Kindergarten/school where your child/children attend(s)

㉖ しゅうがくえんじょうとう就学援助等

お子さんが通っている学校の種類に応じて、就学のための費用などが援助されます。
問合せ先：お子さんが通っている幼稚園・学校

㉗ Entrance Exam Fee Support

Middle school 3rd year aged children registered for middle school student education support system can receive financial support for mock examination fees.

High school 3rd year aged children registered for high school student education and career consulting support system can receive financial support for mock examination fees and higher education institutions' entrance exam fees.

Contact Information: Children's Future Planning Department, Children and Youth Bureau TEL : 972 - 3199

㉘ひとり親家庭等への大学受験料等補助

中学生の学習支援事業や高校生世代への学習・相談支援事業に登録している中学3年生および高校3年生世代の子ども等を対象として、大学等受験料や模試費用を補助します。

問合せ先：子ども青少年局子ども未来企画課 TEL : 972 - 3199

㉙ Scholarships, Grants, etc. (Japan Student Services Organization)

There are scholarships, and tuition reductions and exemptions for those who attend universities or two-year colleges.

Contact Information: The school your child/children attend(s)

▶ Japan Student Services Organization Website <https://www.jasso.go.jp/>

㉚ しょうがくきんとう にほんがくせいしえんきこう奨学金等（日本学生支援機構）

大学・短期大学などに通う方に対する給付型奨学金や授業料減免等があります。

問合せ先：お子さんが通っている学校

▶ 日本学生支援機構ホームページ <https://www.jasso.go.jp/>

9 Secure opportunities for children to learn about and experience

society 子どもの学びや社会体験の機会を確保する

㊸ Educational Support for Junior High School Students

We hold study sessions tailored to each individual's learning level with the aim of developing good study habits and enrolling into high school.

Contact Information: Children's Future Planning Department, Children and Youth Bureau TEL: 052-972-3199

ちゅうがくせい がくしゅうしえん ㊸ 中学生の学習支援

学習習慣を身に付けることや高校進学などを目指して、一人ひとりの学習レベルに合わせた学習会を開催しています。

問合せ先：子ども青少年局子ども未来企画課 TEL 972-3199

㊹ Creating a place for Children from Single Parent Households to belong

We have set up a place where children from their 5th year in elementary school to their 3rd year in junior high school can stop by to: chat, do homework, spend time and relax, and participate in events.

Contact Information: Children's Future Planning Department, Children and Youth Bureau TEL: 052-972-3199

おやかてい こども いばしょ ㊹ ひとり親家庭の子どもの居場所づくり

小学5年生から中学3年生までのお子さんを対象に、気軽に立ち寄り、おしゃべりや宿題をしたり、ゆっくり過ごしたりイベントに参加することができる場を設けています

問合せ先：子ども青少年局子ども未来企画課 TEL 972-3199

㊺ Culture & Sports Interactions

We hold events where parents and children can meet with one another, and single-parents can also meet with one another. At these events you can also experience the professional world in areas such as sports and music, so that you may have the opportunity to be better prepared in choosing a future profession.

Contact Information: Children's Future Planning Department, Children and Youth Bureau TEL: 052-972-2522

ぶんか すぽーつ こうりゅう ㊺ 文化・スポーツ交流

「親と子」「ひとり親同士」の交流や、将来の職業選択のきっかけとなるよう、スポーツや音楽などプロの世界を体験できるイベントを開催しています。

問合せ先：子ども青少年局子ども未来企画課 TEL 972-2522

㊼ Single Parent Relax Home

Accommodation facilities, such as "Okuhamanako National Lodge", or day-trip facilities, such as "LEGOLAND", are eligible for subsidized pricing.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

㊽ひとり親家庭休養ホーム

「国民宿舎奥浜名湖」などの宿泊施設や「レゴランド」などの日帰り施設を利用する場合、料金が補助されます。

問合せ先：区役所民生子ども課 支所区民福祉課

㊾ City-Owned Facilities Use Special Benefits

City-owned facilities such as the Higashiyama Zoo and Botanical Garden and the City Science Museum may be entered free of charge.

Contact Information:

1) Public & Child Welfare Division, Ward Office

or

2) Residents' Welfare Division, Branch Office

㊿市有施設優待利用

東山動植物園や市科学館など市の施設が、無料で利用できます。

問合せ先：区役所民生子ども課 支所区民福祉課

㋀Single-Parent Household Vocational Experience

Opportunities to experience working in different occupations are being offered. In the “Vocational Experience Meeting” outlooks on labor and vocation essential in becoming self-reliant are developed, and interaction between parents and children and between parents from single-parent households is encouraged. Lectures on planning for the future and career paths are held at the “Life Plan Koushu” as well.

Contact Information: Children’s Future Planning Department, Children and Youth Bureau TEL: 972-2522

㋁ひとり親家庭職業体験

子どもの自立につながる職業観や勤労観を身につけるとともに、ひとり親家庭の親子及び親同士の交流を促進するため、様々な職業を体験する「職業体験会」と、将来設計や進路について学ぶ「ライフプラン講習」を実施します。

問合せ先：子ども青少年局子ども未来企画課 TEL 972-2522

Ward Office Public & Child Welfare Division
Branch Ward Office Residents' Welfare Division

区役所民生子ども課 支所区民福祉課

Reception Hours: Weekdays 8:45 a.m. to 5:15 p.m. (closed on national holidays and during New Year)

Name	Address	TEL	FAX
Chikusa Ward Office	103 Hoshigaoka Yamate, Chikusa-ku	753-1842	751-3120
Higashi Ward Office	7-74, Tsutsui 1-chome, Higashi-ku	934-1191	936-4303
Kita Ward Office	17-1, Shimizu 4-chome, Kita-ku	917-6524	917-6512
Kita Ward Office Kusunoki Branch	974, Kusunoki 2-chome, Kita-ku	901-2264	902-1843
Nishi Ward Office	18-1, Hananoki 2-chome, Nishi-ku	523-4593	523-4630
Nishi Ward Office Yamada Branch	358-2, Yasuji-cho, Nishi-ku	501-4971	503-3986
Nakamura Ward Office	23-1, Matsubara-cho 1-chome, Nakamura-ku	433-2983	433-2068
Naka Ward Office	1-8, Sakae 4-chome, Naka- ku	265-2318	241-6986
Showa Ward Office	3-19, Ayuchi-tori, Showa-ku	735-3903	735-3909
Mizuho Ward Office	3-32, Mizuho-tori, Mizuho- ku	852-9389	852-9375
Atsuta Ward Office	1-15, Jingu 3-chome, Atsuta- ku	683-9913	682-0346
Nakagawa Ward Office	223, Takabata 1-chome, Nakagawa-ku	363-4411	363-4302
Nakagawa Ward Office Tomida Branch	215, Haruta 3-chome, Nakagawa-ku	301-8361	301-8661
Minato Ward Office	12-20, Komei 1-chome, Minato-ku	654-9711	651-1190

【英語】

Minato Ward Office Nanyo Branch	1801, Harutano 3-chome, Minato-ku	301-8342	301-8411
Minami Ward Office	3-10, Maehama-dori, Minami-ku	823-9395	823-9426
Moriyama Ward Office	3-1, Obata 1-chome, Moriyama-ku	796-4602	796-4627
Moriyama Ward Office Shidami Branch	1401, Shimoshidami 1-chome, Moriyama-ku	736-2187	736-4670
Midori Ward Office	15, Aoyama 2-chome, Midori-ku	625-3961	621-6858
Midori Ward Office Tokushige Branch	401, Mototokushige 1-chome, Midori-ku	875-2213	875-2215
Meito Ward Office	50, Kamiyashiro 2-chome, Meito-ku	778-3096	774-2781
Tempaku Ward Office	201, Shimada 2-chome, Tempaku-ku	807-3881	807-3829