




FY2026



# Maternity Class Schedule

Minato Public Health Center provides information on pregnancy, childbirth, and childrearing. Classes are conducted with the aim of helping expectant mothers make friends in the community.

**3 sessions per course**  
(all classes are held on Fridays)

Class time (Registration starts 15 minutes before each session begins)	Details
<p><b>Session 1</b> <b>14:00~16:00</b></p>	<ul style="list-style-type: none"> <li>• Introduction to maternal and child health services</li> <li>• Accident prevention for babies</li> <li>• Group interaction</li> <li>• Upper body stretches</li> <li>• Nutrition and diet for mothers and babies</li> </ul> 
<p><b>Session 2</b> <b>14:00~16:00</b></p>	<ul style="list-style-type: none"> <li>• Bathing a baby (demonstration) *No hands-on practice for participants</li> <li>• Dental hygiene during pregnancy</li> <li>• Mental health of mothers during pregnancy and childbirth</li> </ul> 
<p><b>Session 3</b> <b>(1) Shiba, Azabu, Akasaka areas</b> <b>13:00~14:45</b> <b>(2) Takanawa, Shibaura-konan areas</b> <b>15:00~16:45</b></p>	<p>*Conducted separately in groups classified by areas (1) and (2).</p> <ul style="list-style-type: none"> <li>• Life during pregnancy</li> <li>• Exercises for expectant mothers (Please come in clothes that you can move comfortably in.)</li> <li>• Delivery process</li> <li>• Post-partum life</li> <li>• Breast milk and other types of milk</li> </ul> 

Eligibility (Due date)	Class date		
	Session 1	Session 2	Session 3
2026 April – August	3rd	April 10th	17th
2026 May – September	1st	May 8th	15th
2026 June – October	5th	June 12th	19th
2026 July – November	3rd	July 10th	17th
2026 August – December	7th	August 14th	21st
2026 September - 2027 January	4th	September 11th	18th

Eligibility (Due date)	Class date		
	Session 1	Session 2	Session 3
2026 October - 2027 February	2nd	October 9th	16th
2026 November - 2027 March	6th	November 13th	20th
2026 December - 2027 April	4th	December 11th	18th
2027 January – May	8th	2027 January 15th	22nd
2027 February – June	5th	2027 February 12th	19th
2027 March - July	5th	2027 March 12th	19th

Minato City implements projects in compliance with laws related to the protection of personal information, so you can participate in our projects with peace of mind.

### Eligibility

Minato citizens who are expectant mothers

### Capacity

60 people (in order of applications received)

### What to bring

- Maternal and Child Health Handbook
  - Writing materials
  - Bag to hold A4 size materials
- ※ The textbook will be used every session, so please bring it along from the second session and after.

**Venue: 8F Conference Room, Minato Public Health Center (1-4-10 Mita, Minato City)**

#### Train

- 5 min. walk from Akabanebashi Exit of Akabanebashi Station, Subway Oedo Line
- 10 min. walk from Exit 3 of Azabujuban Station, Subway Namboku Line
- 10 min. walk from Exit A2 of Shibakoen Station, Subway Mita Line

#### Bus

- Toei Bus (To 06) Shibuya Ekimae to Shinbashi Ekimae  
3 min. walk from Akabanebashi Ekimae bus stop
- Toei Bus (Hashi 86) Meguro Ekimae to Shinbashi Ekimae  
3 min. walk from Akabanebashi Ekimae bus stop
- Tokyu Bus (Higashi 98) Tokyo Eki Marunouchi Minami-guchi to Todoroki Soshajomae  
5 min. walk from Akabanebashi Ekimae bus stop
- Minato City Community Bus (Chii Bus) (Tamachi Route) Tamachi Eki Higashi-guchi to Roppongi Hills  
3 min. walk from Akabanebashi Ekimae bus stop

※ Please refrain from coming by car.



### Note

- Childcare services are not provided.
- **Please note that there is no waiting list for cancellations.**
- If you wish to cancel your booking, please contact Minato Public Health Center.

## How to apply



You can apply online through the

**Minato Public Health Center medical checkups, etc. booking system** in the **Minato Maternal and Child Health Handbook App**.

### Online booking period

**1st – 20th of the month before**  
the month when the class is held.

- ※ If you are unable to make an online booking, please inquire with the Public Healthcare Subsection of the Minato Public Health Center.
- ※ **It is possible to make a booking after the online booking period if there are any spaces left.** Please call the Minato Public Health Center directly.

### Inquiries

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center

**TEL: 03-6400-0084 FAX: 03-3455-4539**