




Face to Face(@JICA Tokyo)/Online   

Relaxation Programs

Open on Wednesday, 3:30pm-7:30pm

- ✧ **Free Talking / Counseling**
- ✧ **Stress Management**
- ✧ **Breathing Techniques**
- ✧ **Muscle Relaxation Exercise**
- ✧ **Meditation**

How to make an appointment

E-mail: jicatic-clinic@jica.go.jp

Please fill out 1~4 below!

1. Date & Time:

(ex.) 1st request 1 April, 5:00pm
2nd request 8 April, 4:00pm
3rd request 8 April, 6:30pm

2. Name

3. Nationality

4. Contact number

**JICA Tokyo Clinic manages the reservation.*



Free Charge

Confidentiality is assured!

Popular Topics are...

Stress : Academic, Covid-19, Isolation, Home sick

Communication : Cultural difference
Relationships
Harassments

Health : Sleeping problems,
Anxiety, Depression

and etc.....

I have supported
JICA Participants
for 24 years☺

See you on
Wednesday!



Mariko WATANABE

Certified Clinical Psychologist