

## Prenatal Parent Program

Earn a free new crib, car seat, playard, or diapers by completing classes at MAYA Organization.

Brand new items\* are available through the MAYA Prenatal Parent program for moms **and** their partners. *Each participating expectant parent must complete at least the seven core classes* (see calendar for details).

### Some Options for Participants

**Earn a car seat *or* playard** - 60 MAYA Money points

Must complete all 7 core classes

**Earn a car seat *and* playard**- 120 MAYA Money points

*Individuals:* Complete 7 core classes plus any additional 3 classes or *Couples:* Both mom-to-be and dad-to-be complete all 7 core classes.

**Earn a crib *with* mattress**- 120 MAYA Money points

*Individuals:* Complete 7 core classes plus any additional 3 classes or *Couples:* Both mom-to-be and dad-to-be complete all 7 core classes.

For those who already have a crib and car seat:  
60 MAYA Money points for two cases of diapers

\*Limits may apply.

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**MAYA Organization**

**412-945-7670**

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## MAYA Mommas

**New Moms and their infants are invited to come together for conversation, food, and fellowship!**

After delivery, new and experienced moms go through a period of adapting to their new baby. Join us weekly to talk to other new moms, have coffee and snacks, ask questions to a postpartum doula, and get you and baby out of the house!

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**412-945-7670**

[welcome@mayaorganization.org](mailto:welcome@mayaorganization.org)



Find us on  
Facebook!

[facebook.com/themayaorganization](https://facebook.com/themayaorganization)

<http://mayaorganization.org>

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## We offer Lamaze!

**The goal of Lamaze classes is to increase women's confidence in their ability to give birth!**

Lamaze classes help you to discover your natural ability to give birth. Women learn simple coping strategies for labor, delivery, post-delivery, and your first few weeks at home. Partners are welcome!

MAYA Organization's certified Lamaze instructors offer a Lamaze Basics course and an Advanced Lamaze course. Each course is a three evening class session.

MAYA also offers a one-time Lamaze Refresher for women who have already given birth. See our calendar for more details!

# Pregnant?



See inside this brochure to learn how you can get FREE baby items like: diapers, a new crib, a new pack n' play, a new car seat, and gently used maternity clothes, baby clothes, and other items for your baby **by attending free classes** at MAYA Organization.

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## **MAYA Organization**

**412-945-7670**

**Swissvale** 7451 Washington Avenue  
Pittsburgh, PA 15218


**North Side** 505 Foreland Street  
Pittsburgh, PA 15212

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**January 2017 Class calendar inside**

# JANUARY 2017

## MAYA Organization Free Classes for Expectant Moms and Their Partners

<b>2 Monday (Swissvale)</b> 10:00-11:15 Core Class 1 11:30-12:45 Core Class 2 1:00-2:15 Core Class 3 2:30-3:45 Core Class 5	<b>3 Tuesday (Swissvale)</b> 11:00- 1:00 MAYA Mommas Group Drop in to chat with other new mom- infants welcome	<b>4 Wednesday (Swissvale)</b> 4:00-5:15 Core Class 4 5:30-6:45 Core Class 6 5:45-8:00 Lamaze Basics: (1 of 3): <b>Basics of Labor and Comfort measures</b>	<b>5 Thursday (North Side)</b> 5:45-8:00 Lamaze Basics: (1 of 3): <b>Basics of Labor and Comfort measures</b>	<b>6 Friday (North Side)</b> 10:00-11:15 Core Class 1 11:30-12:45 Core Class 7 1:00-2:15 Ditch the Diaper
<b>9 Monday (Swissvale)</b> 10:00-11:15 Core Class 7 11:30-12:45 All About Breastfeeding 1:00-2:15 Toddler Safety 2:30-3:45 Core Class 2	<b>10 Tuesday (Swissvale)</b> 11:00- 1:00 MAYA Mommas Group Drop in to chat with other new mom- infants welcome	<b>11 Wednesday (Swissvale)</b> 4:00-5:15 Core Class 1 5:30-6:45 Ditch the Diaper 5:45-8:00 Lamaze Basics: (2 of 3): <b>What to expect at</b>	<b>12 Thursday (North Side)</b> 5:45-8:00 Lamaze Basics: (2 of 3): <b>What to expect at the hospital and Creating a birth plan</b>	<b>13 Friday (North Side)</b> 10:00-11:15 Core Class 3 11:30-12:45 Core Class 4 1:00-2:15 Toddler Behavior
<b>16 Monday (Swissvale)</b> 10:00-11:15 Core Class 4 11:30-12:45 Core Class 5 1:00-2:15 Core Class 6 2:30-3:45 Toddler Behavior	<b>17 Tuesday (Swissvale)</b> 11:00- 1:00 MAYA Mommas Group Drop in to chat with other new mom- infants welcome	<b>18 Wednesday (Swissvale)</b> 4:00-5:15 Core Class 2 5:30-6:45 Child Care Choices 5:45-8:00 Lamaze Basics: (3 of 3): <b>Pain relief options and Baby's arrival</b>	<b>19 Thursday (North Side)</b> 5:45-8:00 Lamaze Basics: (3 of 3): <b>Pain relief options and Baby's arrival</b>	<b>20 Friday (North Side)</b> 10:00-11:15 All About Breastfeeding 11:30-12:45 Core Class 5 1:00-2:15 Core Class 7
<b>23 Monday (Swissvale)</b> 10:00-11:15 Core Class 3 11:30-12:45 Core Class 4 1:00-2:15 Ditch the Diaper 2:30-3:45 Core Class 1	<b>24 Tuesday (Swissvale)</b> 11:00- 1:00 MAYA Mommas Group Drop in to chat with other new mom- infants welcome	<b>25 Wednesday (Swissvale)</b> 4:00-5:15 Core Class 3 5:30-6:45 Core Class 5 5:45-8:00 Advanced Lamaze (1 of 3): <b>Support in labor and Common interventions</b>	<b>26 Thursday (North Side)</b> 5:45-8:00 Advanced Lamaze (1 of 3): <b>Support in labor and Common interventions</b>	<b>27 Friday (North Side)</b> 10:00-11:15 Core Class 6 11:30-12:45 Core Class 2 1:00-2:15 Toddler Safety
<b>30 Monday (Swissvale)</b> 10:00-11:15 All About Breastfeeding 11:30-2:15 Lamaze Refresher	<b>31 Tuesday (Swissvale)</b> 11:00- 1:00 MAYA Mommas Group Drop in to chat with other new mom- infants welcome	412-945-7670 	If you use the bus to get to and from class, assistance with bus tickets is available. Please remind us before class that you will need tickets.	

### Core Classes Lessons do not need to be taken in order.

<b>Core Class 1: Prenatal</b> Fetal development and healthy pregnancy	<b>Core Class 2: Your Newborn</b> Infant care in the first six weeks	<b>Core Class 3: Baby's Crying</b> Coping with and soothing infant crying	<b>Core Class 4: Sleep Like a Baby</b> What to expect for you and your infant's sleep	<b>Core Class 5: Baby On-the-Go</b> Car seat safety and more	<b>Core Class 6*: Feeding Baby</b> Basic information for newborn feeding	<b>Core Class 7: The First Days</b> Surviving postpartum and early parenthood
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\*Parents-to-be who plan to breastfeed may take Intro to Breastfeeding instead of Core Class 6