

## Featured Class: Babywearing

Want to bond with your baby even if you're on the bus or taking a walk?

Looking for an extra tool for soothing a fussy baby?

Wondering what type of baby carrier would work best for you?

Wearing your baby in a cloth carrier is a natural, comfortable, and easy way to connect with your baby and help them to feel calm and secure. Wondering where to start? Let our doulas and childbirth educators fill you in! Come to MAYA's free Babywearing class and...

- Learn the benefits of wearing your baby
- Understand safety considerations
- See the basic baby carrier types
- Bring your own baby carrier to learn how to best use it
- Try on the instructor's carriers to find out what type works best for you!

## In the Community

MAYA Organization is looking to bring our free prenatal classes into the community! If your organization would like a MAYA instructor to teach free classes at your site, please email us at [welcome@mayaorganization.org](mailto:welcome@mayaorganization.org)



Join MAYA on Saturday, July 15 at Northside's fifth annual Deutschtown Music Festival! We'll be raffling off prizes and opening our doors for MAYA Money Days. Stop in and "shop" our collection of gently used baby items, then stay and enjoy the music, vendors, & fun!



### - Me And You Always -

*MAYA Organization is a maternal health nonprofit that provides free services to pregnant women & their partners in the Greater Pittsburgh area.*

*Our mission is to promote the development of caring, competent, and healthy children & adults through counseling, prenatal education & support, and adoption services.*

**To learn more, contact us at (412) 945-7670 or [welcome@mayaorganization.org](mailto:welcome@mayaorganization.org)**

At MAYA, pregnant women and their partners can earn free baby items—like new car seats, diapers, cribs, and playards—by attending free classes at MAYA.

Gently used items, like baby & maternity clothes, toys, and nursery decor can also be earned.

There are no income restrictions, and we can work with pregnant women & their partners throughout their pregnancy and for one year postpartum.

### NORTHSIDE OFFICE

505 Foreland St  
Pittsburgh, PA 15212  
(412) 945-7670 x103

#### - HOURS -

Thursday: 10:00 - 8:00  
Friday: 10:00 - 2:00

**Off East Ohio Street...  
in East Allegheny**

### SWISSVALE OFFICE

7451 Washington Ave  
Swissvale, PA 15218  
(412) 945-7670 x102

#### - HOURS -

Monday: 10:00 - 4:00  
Tuesday: 10:00 - 2:00  
Wednesday: 1:00 - 8:00

**Off the East Busway...  
Roslyn Station A**

July 2017  
FREE CLASSES



Now Featuring: Babywearing




NORTHSIDE - SWISSVALE  
[mayaorganization.org](http://mayaorganization.org)



# JULY 2017

MAYA Organization's  
FREE CLASSES FOR EXPECTANT WOMEN & THEIR PARTNERS

SWISSVALE		
MONDAY	TUESDAY	WEDNESDAY
3	4	5
~ Closed ~ Happy Fourth of July!	~ Closed ~ Happy Fourth of July!	4:00-5:15 CC1 - Prenatal 5:30-6:45 CC5 - Baby on the Go 5:45-8:00 Lamaze
10	11	12
10:30-11:45 CC3- Baby's Crying 12:00-1:15 Babywearing 1:30-2:45 CC7- The First Days	10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas	4:00-5:15 CC6 - Feeding Baby 5:30-6:45 Toddler Behavior 5:45-8:00 Lamaze
17	18	19
10:30-11:45 CC4- Sleep Like A Baby 12:00-1:15 Intro to Breastfeeding 1:30-2:45 CC5- Baby on the Go	10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas	4:00-5:15 CC2 - Your Newborn 5:30-6:45 CC3 - Baby's Crying 5:45-8:00 Lamaze
24	25	26
10:30-11:45 CC6- Feeding Baby 12:00-1:15 Advanced Breastfeeding 1:30-2:45 CC1- Prenatal	10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas	4:00-5:15 CC4 - Sleep Like a Baby 5:30-6:45 CC7- The First Days 5:45-8:00 Lamaze
31		
10:30-11:45 CC2- Your Newborn 12:00-1:15 Babywearing 1:30-2:45 Toddler Behavior		

NORTHSIDE	
THURSDAY	FRIDAY
6	7
10:15 - 11:30 CC1- Prenatal 11:45 - 1:00 Postpartum Group 1:15-2:30 Babywearing 5:45-8:00 Lamaze	~ Staff In-Service Day ~
13	14
10:15 - 11:30 Intro to Breastfeeding 11:45 - 1:00 Postpartum Group 1:15-2:30 CC7- The First Days 5:45-8:00 Lamaze	10:15 - 11:30 Toddler Behavior 11:45 - 1:00 CC2- Your Newborn
20	21
10:15 - 11:30 CC4- Sleep Like a Baby 11:45 - 1:00 Postpartum Group 1:15-2:30 CC3- Baby's Crying - No Lamaze Tonight! -	10:15 - 11:30 CC5- Baby on the Go 11:45 - 1:00 CC1- Prenatal
27	28
10:15 - 11:30 CC6 - Feeding Baby 11:45 - 1:00 Postpartum Group 1:15-2:30 CC5 - Baby on the Go 5:45-8:00 Lamaze	10:15 - 11:30 CC7- The First Days 11:45 - 1:00 CC3 - Baby's Crying

**Join MAYA at the Deutschtown Music Festival!**  
**505 Foreland St, Pgh PA 15212**  
**Saturday, July 15th**  
**10:00 AM - 8:00 PM**  
**Raffles - Giveaways - MAYA Money Day**

<b>Core Class 1</b> <b>Prenatal</b> <i>Fetal development &amp; healthy pregnancy</i>	<b>Core Class 2</b> <b>Your Newborn</b> <i>Infant care in the first six weeks</i>	<b>Core Class 3</b> <b>Baby's Crying</b> <i>Coping with &amp; soothing infant crying</i>	<b>Core Class 4</b> <b>Sleep Like A Baby</b> <i>What to expect for you &amp; your baby's sleep</i>	<b>Core Class 5</b> <b>Baby-on-the-Go</b> <i>Car seat safety &amp; more</i>	<b>Core Class 6</b> <b>Feeding Baby</b> <i>or</i> <b>Breastfeeding Basics</b> <i>Basic information for newborn feeding</i>	<b>Core Class 7</b> <b>The First Days</b> <i>Surviving postpartum &amp; early parenthood</i>
<b>Complete all 7 Core Classes to earn a free Playard or Car Seat!</b>						