

FREE LAMAZE CLASSES

- Prepare yourself for childbirth with classes led by certified instructors
- Evening classes in Northside and Swissvale
- Topics covered will depend on the needs of the group, and may include...
 - *Basics of labor & comfort measures*
 - *What to expect at the hospital & creating a birth plan*
 - *Pain relief options & baby's arrival*
 - *Support in labor & common interventions*
 - *Your hospital stay & first weeks at home*
 - *Adapting to parenthood & caring for baby*
 - *Refresher course for experienced moms*

PRENATAL PARENT PROGRAM

- Earn MAYA Money for attending free classes, to spend on commonly needed baby items
- Complete all 7 Core Classes and earn a new carseat or playard
- Take additional classes to earn a crib & mattress or cases of diapers
- Classes can be taken in any order, in either or both offices

NEW PROGRAM!

CLASSES FOR BHUTANESE, BURUNDI, & SOMALI BANTU FAMILIES

- MAYA's series of 7 Core Classes is available for Bhutanese, Burundi, and Somali Bantu families
- Classes are held in community locations such as Magee Mt. Oliver and Northside churches
- Participants earn a car seat or playard for taking all seven classes
- Diapers and infant clothing are available for participants
- Bus tickets are available
- To learn more, call Gina at 412-945-7670 x103



- 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.

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.

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

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*

June 2017 Class Calendar



FREE SERVICES INCLUDE...

- Lamaze
- Prenatal & parenting classes
- Baby equipment & supplies
- Gently used infant & toddler clothing
- Diapers & formula
- Counseling



NORTHSIDE - SWISSVALE
mayaorganization.org

*Now offering classes for
Bhutanese, Burundi,
& Somali Bantu families!*

See inside for details



JUNE 2017

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

SWISSVALE		
MONDAY	TUESDAY	WEDNESDAY
<p><i>Visit MAYA at the Three Rivers Arts Festival for fun kids activities! June 5th-9th 11:00 - 6:00</i></p>		<p><i>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.</i></p>
5	6	7
<p>10:30-11:45 Core Class 3 12:00-1:15 Intro to Breastfeeding 1:30-2:45 Core Class 4</p>	<p>10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas</p>	<p>4:00-5:15 Core Class 1 5:30-6:45 Core Class 2</p>
12	13	14
<p>10:30-11:45 Core Class 7 12:00-1:15 Toddler Behavior 1:30-2:45 Core Class 1</p>	<p>10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas</p>	<p>4:00-5:15 Core Class 4 5:30-6:45 Core Class 5 5:45-8:00 Breastfeeding I & II</p>
19	20	21
<p>10:30-11:45 Core Class 6 12:00-1:15 Advanced Breastfeeding 1:30-2:45 Core Class 5 1:30-2:45 Babywearing</p>	<p>10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas</p>	<p>4:00-5:15 Core Class 3 5:30-6:45 Core Class 7 5:45-8:00 Lamaze</p>
26	27	28
<p>10:30-11:45 Core Class 2 12:00-1:15 Toddler Safety 1:30-2:45 Core Class 3</p>	<p>10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas</p>	<p>4:00-5:15 Intro to Breastfeeding 5:30-6:45 Core Class 6 5:45-8:00 Lamaze</p>

NORTHSIDE	
THURSDAY	FRIDAY
1	2
<p>10:30-11:45 MAYA Mommas 12:00-1:15 Core Class 7 1:30-2:45 Core Class 1 5:45-8:00 Lamaze</p>	<p>10:30-11:45 Core Class 6 12:00-1:15 Toddler Behavior</p>
8	9
<p>10:30-11:45 MAYA Mommas 12:00-1:15 Core Class 3 1:30-2:45 Intro to Breastfeeding 5:45-8:00 Lamaze</p>	<p>10:30-11:45 Core Class 5 12:00-1:15 Core Class 4</p>
15	16
<p><i>No afternoon classes- Staff In-Service</i></p> <p>5:45-8:00 Lamaze</p>	<p>10:30-11:45 Core Class 7 12:00-1:15 Core Class 2</p>
22	23
<p>10:30-11:45 MAYA Mommas 12:00-1:15 Core Class 2 1:30-2:45 Core Class 4 <i>- No Lamaze tonight! -</i></p>	<p>10:30-11:45 Ditch the Diaper 12:00-1:15 Core Class 1</p>
29	30
<p>10:30-11:45 MAYA Mommas 12:00-1:15 Core Class 6 1:30-2:45 Intro to Breastfeeding 5:45-8:00 Lamaze</p>	<p>10:30-11:45 Toddler Safety 12:00-1:15 Core Class 3</p>

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