

Lamaze Class

Certified Childbirth Instructors provide free evening Lamaze classes in our Northside and Swissvale offices. This six-part series can be taken in any order.

1. Basics of labor & comfort measures
2. What to expect at the hospital & creating a birth plan
3. Pain relief options & baby's arrival
4. Support in labor & common interventions
5. Your hospital stay & first weeks at home
6. Adapting to parenthood & caring for baby

Essential Oils Class

Wednesday, August 9th ~ 6:00 - 8:00 PM
Northside Office

Join us for a class on using Essential Oils during pregnancy and postpartum. Stephanie Lucarelli will be co-teaching & drawing from her background as a two-time mom and registered nurse. She will share her advice for getting the most from essential oils during the nine months of pregnancy, labor and delivery and postpartum period. Stephanie will discuss her experiences going through pregnancy and labor with and without the benefits of essential oils.

Join us in East Liberty every Monday in August!

MAYA is proud to join the Kingsley Association, the East Liberty Family Support Center, and the Choice Program in bringing our Core Class series to East Liberty.

Pregnant women and their partners are welcome to this free series focused on infant safety and healthy pregnancy. Complete all four sessions to earn a playard of car seat! Classes will be held at the Kingsley Association, 6435 Frankstown Ave, Pgh PA 15206

Date	Time	Classes
8/7/2017	1:00 - 3:30 pm	Prenatal Health/Newborns
8/14/2017	1:00 - 3:30 pm	Cope with Crying/Safe Sleep
8/21/2017	1:00 - 3:30 pm	Car Safety/Feeding Basics
8/28/2017	1:00 - 3:30 pm	Parenthood/Terrible Twos



- 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

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**

August 2017 Free Classes



Featured Class: LAMAZE!



NORTHSIDE - SWISSVALE
mayaorganization.org

Now Offering Classes in East Liberty!

- Details Inside -



AUGUST 2017

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

SWISSVALE		
MONDAY	TUESDAY	WEDNESDAY
	1	2
	10:30-11:45 Bridge to Baby 12:00-1:15 MAYA Mommas	4:00-5:15 CC1 - Prenatal 5:30-6:45 CC5 - Baby on the Go 5:45-8:00 Lamaze 3**
7	8	9
10:30-11:45 CC3- Baby's Crying 12:00-1:15 Toddler Safety <i>East Liberty, Kingsley Association*</i> 1:00 - 3:30 Prenatal & Newborn	10:30-11:45 Mom's Group 12:00-1:15 Intro to Breastfeeding	4:00-5:15 CC6 - Feeding Baby 5:30-6:45 Ditch the Diaper 5:45-8:00 Lamaze 4** <i>MAYA Northside</i> 6:00-8:00 Essential Oils
14	15	16
10:30-11:45 CC4- Sleep Like A Baby 12:00-1:15 CC2- Your Newborn <i>East Liberty, Kingsley Association*</i> 1:00 - 3:30 Crying & Safe Sleep	10:30-11:45 Mom's Group 12:00-1:15 CC5- Baby-on-the-Go	4:00-5:15 Toddler Safety 5:30-6:45 CC3 - Baby's Crying 5:45-8:00 Lamaze 5*
21	22	23
10:30-11:45 CC6- Feeding Baby 12:00-1:15 Advanced Breastfeeding <i>East Liberty, Kingsley Association*</i> 1:00 - 3:30 Car Safety & Feeding	10:30-11:45 Mom's Group 12:00-1:15 CC7- The First Days	5:45-8:00 Lamaze 6*
28	29	30
10:30-11:45 CC1- Prenatal 12:00-1:15 Toddler Behavior <i>East Liberty, Kingsley Association*</i> 1:00 - 3:30 Parenting & Terrible 2s	10:30-11:45 Mom's Group 12:00-1:15 Babywearing	4:00-5:15 CC4 - Sleep Like a Baby 5:30-6:45 CC7- The First Days 5:15-6:30 Breastfeeding Basics 6:45-8:00 Advanced Breastfeeding

NORTHSIDE	
THURSDAY	FRIDAY
3	4
10:15 - 11:30 CC1- Prenatal 11:45 - 1:00 Postpartum Group <i>~ No Lamaze Tonight ~</i>	10:15 - 11:30 Toddler Behavior 11:45 - 1:00 CC2- Your Newborn
10	11
10:15 - 11:30 Intro to Breastfeeding 11:45 - 1:00 Postpartum Group 5:45-8:00 Lamaze 3*	10:15 - 11:30 CC6- Feeding Baby 11:45 - 1:00 CC3- Baby's Crying
17	18
10:15 - 11:30 CC7- The First Days 11:45 - 1:00 Postpartum Group 5:45-8:00 Lamaze 4*	10:15 - 11:30 CC5- Baby on the Go 11:45 - 1:00 CC4- Sleep Like a Baby
24	25
10:15 - 11:30 Toddler Safety 11:45 - 1:00 Postpartum Group <i>~ No Lamaze Tonight ~</i>	10:15 - 11:30 CC1- Prenatal 11:45 - 1:00 CC7 - The First Days
31	31
10:15 - 11:30 CC6 - Feeding Baby 11:45 - 1:00 Postpartum Group 5:45-8:00 Lamaze 5*	<i>* See Inside Cover for Details</i> <i>**Lamaze and Core Classes can be taken in any order</i>

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