

## MAYA Points Day in the Northside

We are hosting a MAYA Points Day in our Northside office on Dec. 7th from 10:00 a.m.– 2 p.m. at 505 Foreland St., Pittsburgh, PA 15212.

Come with your MAYA Points you earned from classes and exchange them for gently used baby items, including furniture, clothing, formula, maternity clothes, toys, and more. We also have diapers in our office. There are limited sizes in our office.

Are you a new client? Come and you will receive 20 MAYA Points at the door to “purchase” items in our offices.

Call our office at 412-945-7670 ext. 103 to register for the MAYA Points Day in our Northside office.

## MAYA Points Day in Swissvale

This month we are hosting a MAYA Points Day in our Swissvale office on Dec. 13th from 12:00– 6:00 p.m. at 7451 Washington Ave., Pittsburgh, PA 15218.

Come with your MAYA Points you earned from classes and exchange them for gently used baby items, including: gently used baby furniture, clothing, formula, maternity items, toys, and more. We will also be giving away diapers, and wipes. There are limited sizes in our office.

Are you a new client? Come and you will receive 20 MAYA Points at the door to “purchase” items in our offices.

Call our office at 412-945-7670 ext. 102 to register for MAYA Points Day in our Swissvale office.



**-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 provide education and promote the healing process in order to enable women and families to break the cycle of generational trauma and foster the optimal physical and mental development of their children.*

**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, and playards— by attending free classes at MAYA.

Gently used items, like baby & maternity clothes, toys, and nursery décor 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  
(412) 945-7670 x103

### -Hours -

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

**Off East Ohio St...  
in East Allegheny**

### Swissvale Office

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

### -Hours-

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

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

## December 2017 Free Classes



## Featured: MAYA Points Days

*More Details Inside!*



*Free Prenatal Classes  
Free Lamaze Classes  
Help with Baby Equipment  
No Income Restrictions*

*New: MAYA Organization is now a member of the Western Pennsylvania Diaper Bank! Pregnant women and parents with children under one are able to receive diapers (sizes 1-6), wipes, and diaper cream at our offices.*



# December 2017

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

### SWISSVALE CLASSES

Monday

Wednesday

|  |  |
|--|--|
|  |  |
| <b>4</b>   | <b>6</b>   |
| <b>5:00-7:15</b> Lamaze 1: Preparing for your Baby's Birth | <b>4:00- 5:15</b> Core Class 2: Your Newborn<br><b>5:30- 6:45</b> Toddler Behavior   |
| <b>11</b>  | <b>13</b>  |
| <b>5:00-7:15</b> Lamaze 2: All About Labor                 | <b>12:00-6:00</b> MAYA Points Day<br><b>4:00- 5:15</b> Core Class 4: Sleep Like A Baby<br><b>5:30- 6:45</b> Core Class 5: Baby-on-the-Go |
| <b>18</b>  | <b>20</b>  |
| <b>5:00-7:15</b> Lamaze 3: Your Baby's Arrival             | <b>4:00-5:15</b> Core Class 7: The First Days<br><b>5:30-6:45</b> Core Class 1: Prenatal   |
| <b>25</b>  | <b>27</b>  |
| <i>Office closed for holiday!</i>                          | <i>Office closed for holiday break—<br/>Call to schedule class(es) by appointment!</i>   |

### NORTHSIDE CLASSES

Thursday

Friday

|   |  |
|---|--|
|   | <b>1</b>   |
|   | <b>10:15-11:30</b> Core Class 2: Your Newborn<br><b>11:45- 1:00</b> Intro. to Breastfeeding            |
| <b>7</b>  | <b>8</b>   |
| <b>10:00-2:00</b> MAYA Points Day<br><b>5:45-8:00</b> Lamaze 5: Support in Labor & Early Motherhood | <b>10:15-11:30</b> Core Class 3: Baby's Crying<br><b>11:45-1:00</b> Core Class 8: Environmental Safety |
| <b>14</b>   | <b>15</b>  |
| <b>5:45-8:00</b> Lamaze 1: Preparing for your Baby's Birth  | <b>10:15-11:30</b> Core Class 5: Baby-on-the-Go<br><b>11:45-1:00</b> Core Class 6: Feeding Baby        |
| <b>21</b>   | <b>22</b>  |
| <b>5:45-8:00</b> Lamaze 2: All About Labor  | <b>10:15-11:30</b> Core Class 1: Prenatal<br><b>11:45-1:00</b> Toddler Behavior                        |
| <b>28</b>   | <b>29</b>  |
| <i>Office closed for holiday break—<br/>Call to schedule class(es) by appointment!</i>              | <i>Office closed for holiday break—<br/>Call to schedule classes by appointment!</i>                   |

**Core Class 1  
Prenatal**

*Fetal development & healthy pregnancy*

**Core Class 2  
Your Newborn**

*Infant care in the first six weeks*

**Core Class 3  
Baby's Crying**

*Coping with & soothing infant crying*

**Core Class 4  
Sleep Like A Baby**

*What to expect for you & your baby's sleep*

**Core Class 5  
Baby-on-the-Go**

*Car seat safety & more*

**Core Class 6  
Feeding Baby or  
Breastfeeding Basics**

*Basic Information for newborn feeding*

**Core Class 7  
The First Days**

*Surviving postpartum & early parenthood*

**Core Class 8  
Environmental  
Safety**

*Keeping baby safe through pregnancy & beyond*