

Environmental Safety

Toxins in your home could be harmful for you and your baby. Come join us for our newest core class to learn the following:

- The negative effects of smoking, alcohol, and drugs on developing babies
- Common sources of toxins in your home

This class counts toward earning a free stroller, playard, case of diapers or car seat!

Ready for Back to School?

Kids need more than backpacks and pencils... kids need healthcare!

Did you know CHIP covers Pennsylvania Kids, regardless of income?

Not sure how to apply? Our partners at the Consumer Health Coalition provide free help with enrollment! Call them today at 412-456-1877

MAYA Points Day!

Come join us on Oct. 18th in our Swissvale office for MAYA Points Day, formerly known as MAYA Money Day.

Bring points you have earned from classes to “buy” gently used baby clothing, toys, and equipment

New client? You can come and receive 20 points at the door!

Call today at 412-945-7670 to reserve your spot!



-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

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**

October 2017 Free Classes



Featured Class: Environmental Safety



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

Coming Soon: MAYA Points Days
Details Inside!

Classes can be scheduled by appointment!



October 2017

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

SWISSVALE CLASSES	
Monday	Wednesday
2	4
No Lamaze Tonight!	
9	11
No Lamaze Tonight!	4:00– 5:15 Core Class 7: The First Days 5:30– 6:45 Toddler Behavior
16	18
5:00-7:15 Lamaze 1: Preparing for Birth	4:00– 5:15 Core Class 2: Your Newborn 5:30– 6:45 Toddler Safety
23	25
5:00-7:15 Lamaze 2: All About Labor	4:00– 5:15 Ditch the Diaper 5:30-6:45 Core Class 4: Sleep Like a Baby
30	
5:00-7:15 Lamaze 3: Your Baby's Arrival	Classes can be made by appointment!

NORTHSIDE CLASSES	
Thursday	Friday
5	6
5:45-8:00 Lamaze 3: Your Baby's Arrival	10:15-11:30 CC3: Baby's Crying 11:45– 1:00 Toddler Behavior
12	13
5:45-8:00 Lamaze 4: Skin to Skin & Baby's First Hours	10:15-11:30 CC2: Your Newborn 11:45-1:00 Toddler Safety
19	20
5:45-8:00 Lamaze 5: Supporting in Labor & Early Motherhood	10:15-11:30 CC6: Feeding Baby 11:45-1:00 CC8: Environmental Safety
26	27
10 a.m.– 2 p.m. MAYA Points Day	10:15-11:30 CC5: Baby-on-the-Go 11:45-1:00 Intro to Breastfeeding
MAYA Points Days! <i>Come in and trade your MAYA class points for new and gently used furniture, formula, clothing, baby items, and more! Call 412-945-7670 today to reserve your spot.</i> MAYA Points Days will be held in our Swissvale office on Oct. 18th from 2- 6 p.m. and October 26th from 10 a.m.– 2 p.m. in our Northside office.	

- | | | | | | | | |
|--|---|---|---|-----------------------------------|--|--|---|
| Core Class 1 | Core Class 2 | Core Class 3 | Core Class 4 | Core Class 5 | Core Class 6 | Core Class 7 | Core Class 8 |
| Prenatal | Your Newborn | Baby's Crying | Sleep Like A Baby | Baby-on-the-Go | Feeding Baby or | The First Days | Environmental |
| <i>Fetal development & healthy pregnancy</i> | <i>Infant care in the first six weeks</i> | <i>Coping with & soothing infant crying</i> | <i>What to expect for you & your baby's sleep</i> | <i>Car seat safety & more</i> | Breastfeeding Basics | <i>Surviving postpartum & early parenthood</i> | Safety |
| | | | | | <i>Basic Information for newborn feeding</i> | | <i>Keeping baby safe through pregnancy & beyond</i> |