

Cribs with Mattresses

We are receiving cribs with mattresses again from Ikea! Now, when you complete 12 classes, including all eight of our core classes, you are able to request a crib with mattress.

Call our office at 412-945-7670 ext. 102 to register for classes.

Northside Office Closed

Our Northside office will be closed by January 1st. Please come to our Swissvale office. In addition, classes will only be offered on an individual basis by appointment.

To schedule a class with one of our instructors, call our office at 412-945-7670 ext. 102.

February Classes in Mt. Oliver

We are partnering with Hilltop Family Care Connections to offer our prenatal education classes to expectant mothers and mothers with children under 1.

The classes will be offered every Monday from 1-3 p.m., starting February 5th. Hilltop Family Care Connections is located at 1630 Arlington Ave., Pittsburgh, PA, 15210.

If you complete all eight of the classes you are able to order a high chair, car seat, stroller, or playard.

To register, call our office at 412-945-7670 ext. 102.



-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.

Swissvale Office

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

-Hours-

Monday: 10:00 a.m.-4:00 p.m.
Wednesday: 1:00-8:00 p.m.

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

January 2018 Free Classes



Featured:
Cribs with Mattresses
Details Inside!



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

*New: We will be offering Lamaze classes in Japanese!
Call our office at 412-945-7670 ext. 102 to learn more
and/ or register for this Lamaze series.*



January 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Office closed for holiday!</i></p> <p>1</p>	<p>2</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>3</p> <p>4:00— 5:15 p.m. 5:30— 6:45 p.m.</p>	<p>4</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>5</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>
<p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m. <i>No Lamaze tonight!</i></p> <p>8</p>	<p>9</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>10</p> <p>4:00— 5:15 p.m. 5:30— 6:45 p.m.</p>	<p>11</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>12</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>
<p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m. 5:00— 7:15 p.m. Lamaze 4: Skin to Skin and Baby's First Hours</p> <p>15</p>	<p>16</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>17</p> <p>4:00— 5:15 p.m. 5:30— 6:45 p.m.</p>	<p>18</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>19</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>
<p>11 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m. 5:00— 7:15 p.m. Lamaze 5: Support in Labor and Early Motherhood</p> <p>22</p>	<p>23</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>24</p> <p>4:00— 5:15 p.m. 5:30— 6:45 p.m.</p>	<p>25</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>26</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>
<p>11 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m. 5:00— 7:15 p.m. Breastfeeding 1&2</p> <p>29</p>	<p>30</p> <p>11:00 a.m.— 12:30 p.m. 12:30— 2:00 p.m. 2:00— 3:30 p.m.</p>	<p>31</p> <p>4:00— 5:15 p.m. 5:30— 6:45 p.m.</p>	<p><i>Schedule classes by appointment!</i></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 or Breastfeeding Basics <i>Basic Information for newborn feeding</i></p>	<p>Core Class 7 The First Days <i>Surviving postpartum & early parenthood</i></p>	<p>Core Class 8 Environmental Safety <i>Keeping baby safe through pregnancy & beyond</i></p>
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