

Safe Sleep

One of the hardest parts about becoming a new parent is getting your baby to sleep... and getting enough rest for yourself!

Join us to learn tips on how to soothe your baby to sleep, and the safe way to put baby to bed. This class will cover...

- Infant sleep patterns
- Ways to help your baby sleep
- Changing baby's sleep schedule
- Safe sleep practices
- Using Sleep Sacks & Swaddlers

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

Classes in Clairton Classes in Swahili & Nepali

Join us for Monday classes at Magee Clairton!

559 Miller Ave, Clairton, PA 15025

Sept 11 1:00-4:00 CC1&2: Prenatal/Newborn
Sept 25 1:00-4:00 CC3&4: Crying/Safe Sleep
Oct 12 1:00-4:00 CC5&6: Travel/Feeding
Oct 26 1:00-4:00 CC7&8 Postpartum/Safety

Nepali classes start at Magee Mount Oliver in October. Classes in **Swahili** are starting soon in Northside, in partnership with the Allegheny Center Alliance Church.

To register or learn more,
call 412-945-7670



- 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, 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
Wednesday: 1:00 - 8:00

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

September 2017 Free Classes



Featured Class: Safe Sleep!



NORTHSIDE - SWISSVALE
mayaorganization.org

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

New: Classes in Clairton
Coming Soon: Classes in Swahili & Nepali
Details Inside!



SEPTEMBER 2017

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

SWISSVALE

MONDAY	TUESDAY	WEDNESDAY
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MAYA Money Days is back! Join us at the end of September to come spend your MAYA Money on gently used baby clothing, toys, and equipment!
Call today at 412-945-7670 to reserve your spot!

4	5	6
<i>Happy Labor Day!</i>		4:00-5:15 Toddler Behavior 5:30-6:45 CC5: Baby-on-the-Go 5:00-7:15 Lamaze - Preparing for Baby's Birth
11	12	13
10:30-11:45 CC2: Your Newborn 12:00-1:15 CC4: Sleep Like a Baby 1:00-4:00 Magee Clairton CC1 & CC2		4:00-5:15 Ditch the Diaper 5:30-6:45 CC8: Envi. Toxins 5:00-7:15 Lamaze - All About Labor
18	19	20
10:30-11:45 Intro to Breastfeeding 12:00-1:15 CC8: Envi. Toxins		4:00-5:15 CC6: Feeding Baby 5:30-6:45 CC3: Baby's Crying 5:00-7:15 Lamaze - Baby's Arrival
25	26	27
10:30-11:45 Toddler Behavior 12:00-1:15 CC1: Prenatal 1:00-4:00 Magee Clairton CC3 & CC4		4:00-5:15 Toddler Safety 5:30-6:45 CC2: Your Newborn 5:00-7:15 Lamaze - Baby's First Hours

NORTHSIDE

THURSDAY	FRIDAY
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	1
	10:15-11:30 CC2: Your Newborn 11:45-1:00 Toddler Behavior
7	8
10:15- 1:30 CC3: Baby's Crying 11:45-1:00 Postpartum Group 5:45-8:00 Lamaze - Preparing for Baby's Birth	10:15-11:30 CC6: Feeding Baby 11:45-1:00 CC4: Sleep Like a Baby
14	15
10:15- 1:30 Intro to Breastfeeding 11:45-1:00 Postpartum Group <i>~ No Lamaze ~</i>	10:15-11:30 Toddler Safety 11:45-1:00 CC1: Prenatal
21	22
10:15- 1:30 Toddler Safety 11:45-1:00 Postpartum Group 5:45-8:00 Lamaze - All About Labor	10:15-11:30 CC7: The First Days 11:45-1:00 CC5: Baby-on-the-Go
28	29
5:45-8:00 Lamaze - Baby's Arrival 10:00-2:00 MAYA Money Days Northside	10:15-11:30 CC4: Sleep Like a Baby 11:45-1:00 CC8: Envi. Toxins

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 or Breastfeeding Basics <i>Basic information for newborn feeding</i>	Core Class 7 The First Days <i>Surviving postpartum & early parenthood</i>	Core Class 8 Environmental Toxins <i>Keeping baby safe through pregnancy & beyond</i>
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