

## Cribs with Mattresses

We are still receiving cribs with mattresses 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.

## Gently Used Baby Furniture

Come visit our office to look at the gently used baby furniture we have in stock!

Call our office for more information at 412-945-7670 ext. 102.

## Class Series in Tarentum

We are partnering with Highlands Family Center to offer classes to pregnant women and parents with children under one. Childcare is provided.

Participants earn points for attending class and can exchange them for gently used baby items. People who complete all eight classes can order a new high chair, car seat, stroller, or pack 'n play.

The classes series runs from July 2nd– August 13th and are 10 a.m.-12 p.m. The classes are located at 415 E. Fourth Ave., Tarentum, PA 15084.

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



**-Me And You Always-**

*MAYA Organization is an infant and maternal health non-profit 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.

### Swissvale Office

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

### -Hours-

Monday: 9 a.m.— 4 p.m.  
Wednesday: 9 a.m.— 7 p.m.  
Tuesday, Thursday, Friday:  
9 a.m.— 4 p.m.

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

## July 2018 Free Classes



**Featured:  
Class Series in Tarentum  
Details Inside!**



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

*In need of diapers, wipes, and/ or diaper balm? We are a partner of the Western Pennsylvania Diaper bank and carry sizes 1-4 in diapers! Call our office at 412-945-7670 ext. 102 for more information!*



# July 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 11 a.m.— 12:30 p.m. Core Class 1 12:30— 2 p.m. Core Class 2 2— 3:30 p.m. Core Class 3 5— 7:15 p.m. Lamaze 5	<b>3</b> 11 a.m.— 12:30pm Core Class 4 12:30— 2 p.m. Core Class 5 2—3:30 p.m. Core Class 6	<b>4</b> <i>Office Closed!</i>	<b>5</b> <i>Classes by appointment!</i>	<b>6</b> <i>Classes by appointment!</i>
<b>9</b> 11 a.m.— 12:30 p.m. Core Class 7 12:30— 2 p.m. Core Class 8 2— 3:30 p.m. Core Class 1 5— 7:15 p.m. Breastfeeding	<b>10</b> 11 a.m.— 12:30 p.m. Core Class 2 12:30— 2 p.m. Core Class 3 2— 3:30 p.m. Core Class 4	<b>11</b> 4— 5:15 p.m. Core Class 5 5:30— 6:45 p.m. Core Class 6	<b>12</b> 11a.m.— 12:30 p.m. Core Class 7 12:30— 2 p.m. Core Class 8	<b>13</b> 11 a.m.— 12:30 pm. Core Class 1 12:30— 2 p.m. Core Class 2
<b>16</b> 11 a.m.— 12:30 p.m. Core Class 3 12:30— 2 p.m. Core Class 4 2— 3:30 p.m. Core Class 5 5— 7:15 p.m. Lamaze 1	<b>17</b> 11 a.m.— 12:30 p.m. Core Class 6 12:30— 2 p.m. Core Class 7 2— 3:30 p.m. Core Class 8	<b>18</b> 4— 5:15 p.m. Core Class 1 5:30— 6:45 p.m. Core Class 2	<b>19</b> 11 a.m.— 12:30 p.m. Core Class 3 12:30— 2 p.m. Core Class 4	<b>20</b> 11 a.m.— 12:30 p.m. Core Class 5 12:30— 2 p.m. Core Class 6
<b>23</b> 11 a.m.— 12:30 p.m. Core Class 7 12:30— 2 p.m. Core Class 8 2— 3:30 p.m. Core Class 1 5— 7:15 p.m. Lamaze 2	<b>24</b> 11 a.m.— 12:30 p.m. Core Class 2 12:30— 2 p.m. Core Class 3 2— 3:30 p.m. Core Class 4	<b>25</b> 4— 5:15 p.m. Core Class 5 5:30— 6:45 p.m. Core Class 6	<b>26</b> 11 a.m.— 12:30 p.m. Core Class 7 12:30— 2 p.m. Core Class 8	<b>27</b> 11 a.m.— 12:30 p.m. Core Class 1 12:30— 2 p.m. Core Class 2
<b>30</b> 11 a.m.— 12:30 p.m. Core Class 3 12:30— 2 p.m. Core Class 4 2— 3:30 p.m. Core Class 5 5— 7:15 p.m. Lamaze 3	<b>31</b> 11 a.m.— 12:30 p.m. Core Class 6 12:30— 2 p.m. Core Class 7 2— 3:30 p.m. Core Class 8			

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