

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.

Spring is Here!

Come with your MAYA Points and browse our selection of Spring/ Summer clothes for boys and girls!

Call our office at 412-945-7670 ext. 102 to make an appointment!

MAYA Points Day

On May 24th we will be hosting a MAYA Points Day from 10 a.m.— 2 p.m. in our Swissvale office at 7451 Washington Ave., Swissvale, PA 15218.

You are welcome to come with your MAYA Points you earned from classes and exchange them for gently used baby items, including: new/ gently used furniture, clothing, baby food, and more!

New client? You will receive 20 points at the door that you can use to exchange for items in our office.

To register, please call 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**

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 a.m.— 7 p.m.
Wednesday: 12— 7 p.m.
Tuesday, Thursday, Friday:
10 a.m.— 4 p.m.

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

May 2018 Free Classes



**Featured:
MAYA Points Day
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 1-6 in diapers! Call our office at 412-945-7670 ext. 102 for more information!



May 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 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	2 4— 5:15 p.m. Core Class 4 5:30— 6:45 p.m. Core Class 5	3 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	4 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
7 11 a.m.— 12:30 p.m. Core Class 4 12:30— 2 p.m. Core Class 5 2— 3:30 p.m. Core Class 6 5— 7:15 p.m. Lamaze 3	8 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	9 4— 5:15 p.m. Core Class 2 5:30— 6:45 p.m. Core Class 3	10 11 a.m.— 12:30 p.m. Core Class 4 12:30— 2 p.m. Core Class 5 2— 3:30 p.m. Core Class 6	11 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
14 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 5— 7:15 p.m. Lamaze 4	15 11 a.m.— 12:30 p.m. Core Class 5 12:30— 2 p.m. Core Class 6 2— 3:30 p.m. Core Class 7	16 4— 5:15 p.m. Core Class 8 5:30— 6:45 p.m. Core Class 1	17 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	18 11 a.m.— 12:30 p.m. Core Class 5 12:30— 2 p.m. Core Class 6 2— 3:30 p.m. Core Class 7
21 11 a.m.— 12:30 p.m. Core Class 8 12:30— 2 p.m. Core Class 1 2— 3:30 p.m. Core Class 2 5— 7:15 p.m. Lamaze 5	22 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	23 4— 5:15 p.m. Core Class 6 5:30— 6:45 p.m. Core Class 7	24 10 a.m.— 2 p.m. MAYA Points Day 11 a.m.— 12:30 p.m. Core Class 8 12:30— 2 p.m. Core Class 1 2— 3:30 p.m. Core Class 2	25 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
28 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 5— 7:15 p.m. Breastfeeding	29 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	30 4— 5:15 p.m. Core Class 4 5:30— 6:45 p.m. Core Class 5	31 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	

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 Safety <i>Keeping you & baby safe</i>
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