



MAYA's
mission is to
empower BIPOC
and marginalized
birthing people and
birthworkers, and to create
positive change in the systems
that impact them.

MAYA Organization

7451 Washington Ave
Pittsburgh, PA 15218
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(412) 945-7670
welcome@mayaorganization.org

Pregnancy Birth Postpartum

They're a big deal.

They can be hard, and lonely.

MAYA is here to help.

Get the support you need to thrive.

Perinatal Support Services @ MAYA



WHAT WE OFFER

Prenatal & Postpartum Classes

Join MAYA's online classes to learn the essentials of birth and parenting a new baby - and taking care of the most important person: you. Our mentors teach a range of classes that make sure that you have the knowledge and confidence you need.

Some of our Classes

Healthy Pregnancy
Childbirth Preparation
Newborn Care
Breastfeeding
Crying & Sleeping 101
Babywearing
Postpartum Mental Health

Our Mentors

MAYA's mentors do so much more than just teach classes. They are there to talk you through difficulties, explain material from classes, and check up on your mental and physical health.

Baby Supplies

Babies require a lot of stuff! That's why MAYA is here to supply diapers and other infant care needs. And when you complete 8 sessions of our Prenatal or Postpartum Core classes, you can earn a brand new car seat, pack 'n play, or high chair!

Support from a Doula

If you're feeling anxious about your birth or wishing you had extra support, a doula may be the answer. MAYA's doulas are trained professionals who can help you manage stress and anxiety, talk to doctors confidently, and work for the best possible birth.

Counseling

It's normal to struggle emotionally during pregnancy and postpartum - birth is a life-changing event. But sometimes you might have emotional difficulties that seem too much to handle. MAYA can help, by providing a qualified counselor to help you work through your struggles, free of charge.

When you're pregnant or have just had a baby, everything can seem new and challenging. Your body is changing, and your mind is adjusting to the transformations you're going through. Your baby's demands are exhausting, and partners, family, and friends may not be as reliable as you'd like. It's hard.

MAYA's free Perinatal Support Services, available in English and Spanish, provide the help and resources you need to take on those changes and come out your best self. You deserve it.

“MAYA's teachers have so much knowledge, but on top of that being in a group of other parents brings boundless resources.”

Scan the QR code to enroll:





EMPOWERING BIRTHING PEOPLE

Pregnancy, birth, and postpartum are a challenging, transformative period. Its struggles are even harder for people of color, who face personal and structural racism, sometimes from medical professionals.

MAYA is here to help. We help participants grow their confidence and knowledge, and we give them the support they need to feel safe, encouraged, and empowered.

At MAYA, we center the needs of the Black and Latina birthing people we serve. We hire program participants, follow proven models for birth equity, and support women in making their voices heard.





"The instruction and support that I received from the staff at MAYA was life-changing. I received a listening ear and support. Also, the doula services were exceptional. I was highly impressed with the level of support MAYA offers."

Our Mission

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