

CLASS SCHEDULE

September 2025

LIFE SKILLS

Life Skills classes take place every Wednesday from 6pm-7pm (unless otherwise listed). This class addresses everyday stress and provides participants with tools to progress and succeed.

Sept 3rd (Shar hosting)

Sept 10th (Shar hosting)

Sept 17th (Shar hosting)

Sept 24th (Shar hosting)

GRIEF SUPPORT

Grief Support groups take place every other Tuesday from 6pm-7pm (unless otherwise listed). This group is for those experiencing grief to share their experiences with others who are also grieving.

Sept 9th (Latonya hosting)

Sept 23rd (Latonya hosting)

*Space is limited for this class and active AUM clients will take precedence - please email ahead of time to check availability:
VRidgley@aumarlington.org*

FINANCIAL LITERACY

Financial Literacy classes take place every other Thursday from 1pm-2pm (unless otherwise listed). This class addresses spending habits, savings & more.

Sept 11th (First Convenience Bank)

Sept 25th (First Convenience Bank)

First Wednesday of every month 1:30pm-2:30pm

Sept 3rd (Comerica Financial)

GOODWILL WORKS

Goodwill Works is a job resource class that takes place every other Wednesday 11am - 1pm (unless otherwise listed). Clients will meet with a case manager from Goodwill to assess job skills and help provide a list of employment resources.

Sept 10th (Stasia hosting)

Sept 24th (Stasia hosting)

FOOD PANTRY

Arlington Charities Mobile Food Pantry will be available the last Wednesday of every month from 10am - 11am (unless otherwise listed). The pantry is open to the public and will offer a variety of fresh produce.

Sept 24th (in front of AUM office - please park at side of building)

*AUM will be closed
Monday, September 1st
for Labor Day.*



All classes will take place at 701 Dugan Street unless otherwise stated.

If you are unable to attend a class, please notify your case manager by email or phone, or leave a message with the front desk. If it's after hours, please leave a voicemail with the date and time of your call.