

CLASS SCHEDULE

JULY 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.

July 2nd (Latonya hosting)

July 9th (Latonya hosting)

July 16th (Latonya hosting)

July 23rd (Latonya hosting)

July 30th (Maria hosting - bilingue español)

*AUM will be closed
July 3rd-July 4th for
Independence Day.*



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.

July 1st (Latonya hosting)

July 15th (Latonya hosting)

July 29th (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*

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.

June 4th (Stasia hosting)

June 18th (Stasia hosting)

July 30th (Stasia hosting)

FINANCIAL LITERACY

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

July 17th (First Convenience Bank)

July 31st (First Convenience Bank)

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

~~July 4th (Comerica Financial)~~
AUM office closed

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.

July 30th (in front of AUM office - **please park at side of building**)

*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.*