

# CLASS SCHEDULE

October 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.

Oct 1st (Latonya hosting)

Oct 8th (Latonya hosting)

Oct 15th (Latonya hosting)

Oct 22nd (Maria hosting)

Oct 29th (Maria hosting)



*AUM will be closed  
Monday, October 13th for  
Indigenous People's 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.

Oct 7th (Latonya hosting)

Oct 21st (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.

Oct 8th (Stasia hosting)

Oct 22nd (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.

Oct 9th (First Convenience Bank)

Oct 23rd (First Convenience Bank)

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

Oct 1st (Comerica Financial)

## FOOD PANTRY

Arlington Charities Mobile Food Pantry will be available the last Wednesday of every month from 10am - 12pm (unless otherwise listed). The pantry is open to the public and will offer a variety of fresh produce.

Oct 29th (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.*