

# CLASS SCHEDULE

## January 2026- February 2026



### OFFICE CLOSED

JANUARY 1ST NEW YEARS DAY

JANUARY 19TH MARTIN LUTHER KING JR. DAY

FEBRUARY 16TH PRESIDENTS' DAY

### LIFE SKILLS

**This class takes place every Wednesday from 6pm-7pm**

This class addresses everyday stress and provides participants with tools to progress and succeed.

January 14 (Latonya hosting)

January 21 (Latonya hosting)

January 28 (Latonya hosting)

February 4 (Latonya hosting)

February 11 (Maria hosting - espanol)

February 18 (Maria hosting - espanol)

February 25 (Maria hosting - espanol)

### FINANCIAL LITERACY

**This class takes place every other Thursday from 1pm-2pm**

This class addresses spending habits, savings & more.

January 15 (First Convenience)

January 29 (First Convenience)

February 12 (First Convenience)

February 26 (First Convenience)

### GRIEF SUPPORT

**This class takes place every other Tuesday from 6pm-7pm.**

This group is for those experiencing grief to share their experiences with others who are also grieving.

January 13 (with Latonya)

January 27 (with Latonya)

February 10 (with Latonya)

February 24 (with Latonya)

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

### GOODWILL WORKS

**This service is available every other Wednesday.**

Clients will meet with a case manager from Goodwill to assess job skills and help provide a list of employment resources.

January 14 (with Stasia)

January 28 (with Stasia)

February 11 (with Stasia)

February 25 (with Stasia)

### JOB READINESS

**This class takes place every Wednesday from 10am-11am.**

This course offers guidance on sharpening interview skills, refining résumés, completing job skill assessments, and more for individuals seeking employment.

January 14 (with Valda)

January 21 (with Valda)

January 28 (with Valda)

February 4 (with Valda)

February 11 (with Valda)

February 18 (with Valda)

February 25 (with Valda)

### ARLINGTON CHARITIES MOBILE FOOD PANTRY

**This service is available once a month at the AUM office from 10am-12pm.**

The pantry is open to the public and will offer a variety of fresh produce and baked goods..

January 28

February 25

*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.*