



Montgomery County Department of Health and Human Services Community Action Agency

# Opportunity Coaching at the TESS Community Action Center

Ways opportunity coaching helps Long Branch families:

- ✓ Connection to employment training programs
- ✓ Help with rental assistance, emergency housing and food assistance
- ✓ Help with Child Care and Family Development Resources
- ✓ Guidance on setting short term and long-term goals
- ✓ Help with applications (SNAP, Health Care, Housing)
- ✓ Family Support Talks (in-person or virtual)
- ✓ And much more!

To learn about these **FREE** services, please contact

Yessenia Nolasco, Opportunity Coach

240-777-1866

[Yessenia.Nolasco@montgomerycountymd.gov](mailto:Yessenia.Nolasco@montgomerycountymd.gov)

To request this information in alternative formats, call 240-773-8260/ MD Relay (711)



The mission of the Montgomery County Community Action Agency is to advance social and economic mobility among communities and neighbors through services, partnerships, and advocacy using an equity lens.



The Takoma-East Silver Spring (TESS) Community Action Center  
8703 Flower Avenue, Silver Spring, MD 20901  
[montgomerycountymd.gov/TESS](http://montgomerycountymd.gov/TESS)

