



Montgomery County Department of Health and Human Services Community Action Agency

Opportunity Coaching at the TESS Community Action Center

A yearlong program to help Montgomery County families.

- Connecting 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)

Diaper
distribution
coming soon!

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

Gabriela Salazar, Opportunity Coach

240-777-1866

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



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.

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

