



Haddii aad u baahan tahay koobiga warqaddaada xaqiijinaysa qadada bilaashka ah iyo la dhimay, fadlan iimayl u dir [mealbenefits@pps.net](mailto:mealbenefits@pps.net) SNAP (waxa kale oo loo yaqaana kaarka cuntada ama EBT)

Medicaid

Kaalmada Guriyeynta Federaalka, oo ay ku jiraan:

Barnaamijka Foojarka Doorashada Guryaha (Foojarrada Section 8)

Kaalmada Kirada Ku Salaysan Mashruuca (PBRA)/Section 202/

Section 811

Guriyeynta Dadweynaha

Barnaamijyada Guryeynta la awoodi karo ee Hindida Mareykanka,

Dhaladka Alaska ama Dhaladka Hawaiian

Dakhlaga Amniga ee Dheeraadka ah (SSI)

WIC

Hawlgabka Veterans-ka ama Dheefaha Dadka Badbaaday

ama [Lifeline](#);

Waxay ka qaybqaataan mid ka mid ah barnaamijyadan gargaarka waxayna ku nool yihiin [Dhulalka Qabyaalada ee u Qalma](#):

Caawinta Guud ee Xafiiska Arrimaha Hindiya

Qabiilka TANF

Barnaamijka Qaybinta Cunnada ee Boos Celinta Hindida

Barnaamijka Head-

Ama wadarta dakhliga qoyskaagu waa ama ka hooseeyaa 135 boqolkiiba tilmaamaha faqriga federaalka  
Haddii aad u baahan tahay koobiga warqaddaada xaqiijinaysa qadada bilaashka ah iyo la dhimay, fadlan iimayl u dir [mealbenefits@pps.net](mailto:mealbenefits@pps.net)  
Wixii macluumaad dheeraad ah booqo [www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx](http://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx) ama wac 800-848-4442 ama 503-373-7171

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### **Maktabadaha Degmada Multnomah**

Maktabadaha Degmada Multnomah: <https://multcolib.org/hours-and-locations>- Waxaa jira intarneet/WiFi bilaash ah oo laga heli karo Maktabadaha Degmada Multnomah. Waxa kale oo laga yaabaa inaad u qalanto inaad ka amaahato hotspot Barnaamijka Amaahda Hotspot.

[www.everyoneon.org/find-offers](http://www.everyoneon.org/find-offers)

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### **Muwaadiniimida Dijitalka ah**

Be Internet Awesome: hab cusub oo lagu dhiirgaliyo badbaadada dhijitaalka ah iyo muwaadinimada taas oo ka timid Google ee ku wajahan fasalada da'da yar