



# Your Local Time Bank

***Do you need help with something?  
Can you offer services to help others?***

Time Banking is a way to help others and get help in return. Instead of money, we exchange time. We share skills and talent.

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**For more information on hOURbank and to get involved:**

**Join us:**

**[hourbankmc.org](http://hourbankmc.org)**

**Email:**

**[hourbankcommunity@gmail.com](mailto:hourbankcommunity@gmail.com)**

## How Does It Work?

For every hour you do a service for someone in the TimeBank, you earn a Time Credit.

You can then use your earned Time Credits on any service available in the TimeBank

The range of services & skills in the TimeBank depends on the members and their creativity,

By helping each other, we can reweave our communities with shared support, strength and trust. By sustaining each other and our neighborhoods, we nurture social commitment for social well-being and change.

**COOPERATION  
COMMUNITY  
CHANGE**



# hOURbank

## Neighbors Helping Neighbors

### What kind of skills and activities can be offered by a TimeBank?

#### Benefits of a TimeBank

Time banking offers an alternative to traditional cash exchange for services

Creates more cooperative communities and serves as a buffer during financially stressed times

Strengthens communities by building relationships, trust and hope

#### People just like you receive and offer:

- Minor Home Repair
- Pet Care
- Editing
- Cooking
- Garden/Yard Work
- Car Repair & Maintenance
- Haircuts
- Language Translation
- Massage
- Adult literacy
- Heavy lifting
- Clerical support
- Advocacy
- House watching
- Legal assistance
- Consumer support
- Personal grooming
- Shopping
- Meetings / Gatherings
- Potluck Dinners
- Yoga / Exercise
- Community Garden
- Fashion Shows
- Storytelling
- Community Cleanup
- Community Art / Murals
- Community Activism
- Community Advocacy
- Tutoring
- Transportation
- Errands
- Computer Assistance
- Housekeeping
- Arts & Crafts
- Childcare
- Computer Help
- Mending & Alterations
- Reading
- Accompaniment
- Information sharing
- Music lessons
- Medical monitoring
- Resource sharing
- Entertainment
- Befriending
- Jewelry making
- Movie Nights
- After School Activities
- Game Nights
- Neighborhood Watch
- Community Choir
- Knitting Lessons
- Community Safety
- Trips / Nature Walks
- Community Protests

The list of services offered by a TimeBank is only limited by the membership and our imaginations. The more members, the more services available.

