

LOWER  
MAINLAND  
COMMUNITY

# TIMEBANK



## TIMEBANKING: EXCHANGE TIME AND TALENT

In a TimeBank, members earn TimeCredits for helping each other - one hour of your time entitles you to one hour of another TimeBank member's time.

TimeBanks don't use money: instead, they encourage people to make deposits and withdrawals of their time for helping each other.

When your skills are called upon, you give your time by providing a service for another member of the TimeBank.

Your TimeCredits are deposited centrally in a TimeBank that you can withdraw, anytime you need help yourself, from a member. Visit [www.LMTimeBank.org](http://www.LMTimeBank.org) for more info.

Help between members is offered, requested and exchanged through an easy-to-use internet website (or by phoning a coordinator) to link people up and keep a record of transactions through the local TimeBank website.

Unlike money, anyone and everyone can earn TimeCredits - no-one is excluded. Everybody - young or old - has something valuable to offer. Helping works better as a two way street.

*Give the Gift of You, Receive the Gift of Another -  
Pay It Forward Volunteering - Making Friends, Having Fun*

**Join Your Community TimeBank,  
Visit [www.LMTimeBank.org](http://www.LMTimeBank.org)**



### Lower Mainland TimeBank

Director: Michael

Phone: 778-232-5388 msg

**For information and to  
Join for free visit Website:  
[www.LMTimeBank.org](http://www.LMTimeBank.org)**

*Everyone is honoured and  
empowered to add their unique  
value to their neighbours and  
community.*

**Attend a free info meeting:  
Check the website or  
call for the next date.**

### Giving and Receiving Ideas

- Minor Home Repair
- Transportation
- Editing
- Errands
- Cooking
- Computer Assistance
- Housekeeping
- Budgeting
- Massage
- Clerical
- Jewelry Making
- Aromatherapy
- Arts & Crafts
- Planning a Party
- Childcare

- Tax Help
- Language Translation
- Website Design
- Moving Assistance
- Tutoring
- Mending & Alterations

### Group Activities Ideas

- Movie Nights
- Potluck Dinners
- After School Activities
- Yoga
- Game Nights
- Fashion Shows
- Singing
- Storytelling
- Knitting Lessons



**WHAT WOULD YOU LOVE TO GIVE? WHAT WOULD YOU APPRECIATE RECEIVING?**