

LOWER MAINLAND COMMUNITY TIME BANK

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.

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

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*

Unmet needs + Unexpressed abilities + TimeBanking = small miracles

What would you love to give? What would you love to receive?

*To Learn More & for date of next free
INFO MEETING visit the Website:*

www.LMTimeBank.org

or Call our voicemail 778-232-5388

to hear about the next meeting, voicemail only, leave a message

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