

Life of a Time Dollar

You join the Time Bank and list the skills you have and the things you want



Martha, a Time Bank member, calls to have someone do her grocery shopping



You do Martha's shopping



You spend your Time Dollar having John mow your lawn



John spends his Time Dollar having Alice help his son with reading



She then spends her Time Dollar having Stanley rake her yard



What will Stanley spend his Time Dollar on next?

For More Information:

Call

782-5783 ext. 1607

or

Mail to

Thrive

P.O. Box 2008

Lewiston, ME 04241-2008



Lewiston/Auburn Time Bank Program

Exchanging Services

Banking Time

Strengthening Communities

How Does It Work?

Time Dollars are a type of community currency that anyone can earn by using their time, energy, skills, and talents to help others. One hour of service provided to another human being or to the community earns one Time Dollar. You can spend your Time Dollars on any number of services.

How Do I Get Started?

Call the L/A Time Bank to request an application and information about being involved in the Time Bank.

L/A Time Bank
782-5783 ext. 1607

Can Businesses and Nonprofits join?

Yes!
Businesses and non-profit organizations can join. Everyone can benefit.

Services People Are Giving and Receiving:

Crafts
Photography
Watercolor
Business Card Design
Financial Budgeting
Notary Public
Real Estate Advice
Website Design
Cake Decorating
Casseroles
Desserts
Vegetarian Cooking
Child Care
Errands/Transportation
Housekeeping
Pet Sitting
Reading Aloud
Driving Lessons
Garden Work
Carpentry
Lawn Mowing
Wallpapering
Coaching
Cleaning Vehicle
Washing Vehicle
And many others

The Time Bank Movement

The Time Bank is a service exchange based on Time Dollars, the currency of equality that empowers individuals to utilize their assets, to enhance their lives, neighborhood, and community.

Inspired by Dr. Edgar Cahn, the Time Bank movement is breathing new life into communities locally, nationally, and internationally.

The L/A Time Bank continues to grow. New members are joining daily, and service exchanges are rising. Come grow with us! Share your time and make the community a stronger place to live in. See the difference you can make hour by hour.

*“We have what we need if
we use what we have”*

Dr. Edgar Cahn