



Tucson Time Traders *Helping Build Community 1 Hour at a Time*

What is a Time Bank?

A **Timebank** is a group of people who trade an hour of work for an hour of work – everyone's time is valued equally. The hours are recorded in the timebank software so we can trade them around the timebank community. Timebanking is a great way for people to exchange assistance and help build healthy communities.

Core Values

We are all assets – Every human being has something to contribute.

Redefining work – Some work is beyond price. We need to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, make the planet sustainable. This kind of work needs to be honored, recorded, and rewarded.

Reciprocity – Helping works better as a two-way street. "*How can I help you?*" becomes "*How can we help each other build the world we both will live in?*"

Community – We need each other... people helping each other reweave communities of support, strength and trust. Networks are stronger than individuals, and community is built on mutual respect, trust, and commitment.

Respect – Every human being matters. Respect is a foundation for freedom of speech and freedom of religion, and supplies the heart and soul of democracy.

Please join us !

Membership is free, and everyone is welcome.

Sign up on our website, and come to an orientation meeting.

timetraders.metasofa.org



Tucson Time Traders *Helping Build Community 1 Hour at a Time*

What is a Time Bank?

A **Timebank** is a group of people who trade an hour of work for an hour of work – everyone's time is valued equally. The hours are recorded in the timebank software so we can trade them around the timebank community. Timebanking is a great way for people to exchange assistance and help build healthy communities.

Core Values

We are all assets – Every human being has something to contribute.

Redefining work – Some work is beyond price. We need to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, make the planet sustainable. This kind of work needs to be honored, recorded, and rewarded.

Reciprocity – Helping works better as a two-way street. "*How can I help you?*" becomes "*How can we help each other build the world we both will live in?*"

Community – We need each other... people helping each other reweave communities of support, strength and trust. Networks are stronger than individuals, and community is built on mutual respect, trust, and commitment.

Respect – Every human being matters. Respect is a foundation for freedom of speech and freedom of religion, and supplies the heart and soul of democracy.

Please join us !

Membership is free, and everyone is welcome.

Sign up on our website, and come to an orientation meeting.

timetraders.metasofa.org