

The Core Values of Time Banking

Assets:

We are all assets.

Every human being has something to contribute.

Redefining Work:

Some work is beyond price.

Work has to be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, and make the planet sustainable. That kind of work needs to be honored, recorded and rewarded.

Reciprocity:

Helping works better as a two-way street.

The question: "How can I help you? Needs to change so we ask: "How can we help each other build the world we both will live in?"

Social Networks:

We need each other.

People helping each other reweave communities of support, strength and trust. Community is built upon sinking roots, building trust, creating networks that are built on mutual respect and commitment.

Respect:

Respect demands accountability.

The voices of all must be heard and heeded so as to promote social justices and compel accountability.

Start Your Own Time Bank

Starting Time Banks

Time Banks USA offers start-up kits and trainings which give you the tools you need to start a Time Bank in your community.

TimeBanks USA

202-686-5200

info@timebanks.org

www.timebanks.org

Contact Us!

For more information on how to join the Arroyo S.E.C.O Network of Time Banks. Please contact us by phone, e-mail or through our website.

Arroyo S.E.C.O Network of Time Banks

Los Angeles, CA

213-973-2265

www.asntb.com

arroyosecotimebank@gmail.com

We require our members to live within the following neighborhoods Pasadena, Altadena, North East Los Angeles, Echo Park, Silverlake, Los Feliz Glendale, Lincoln Heights, Boyle Heights, Downtown Los Angeles, Westlake, West Adams and Koreatown.

ARROYO S.E.C.O Network of Time Banks

*Growing a Sharing Economy
Through Reciprocity*

Pasadena + Altadena
North East Los Angeles + Echo Park
Silverlake + Los Feliz + Glendale
Lincoln Heights + Boyle Heights
Downtown Los Angeles + Westlake
West Adams + Koreatown

Arroyo S.E.C.O.

Sustainable Economies Community Organization

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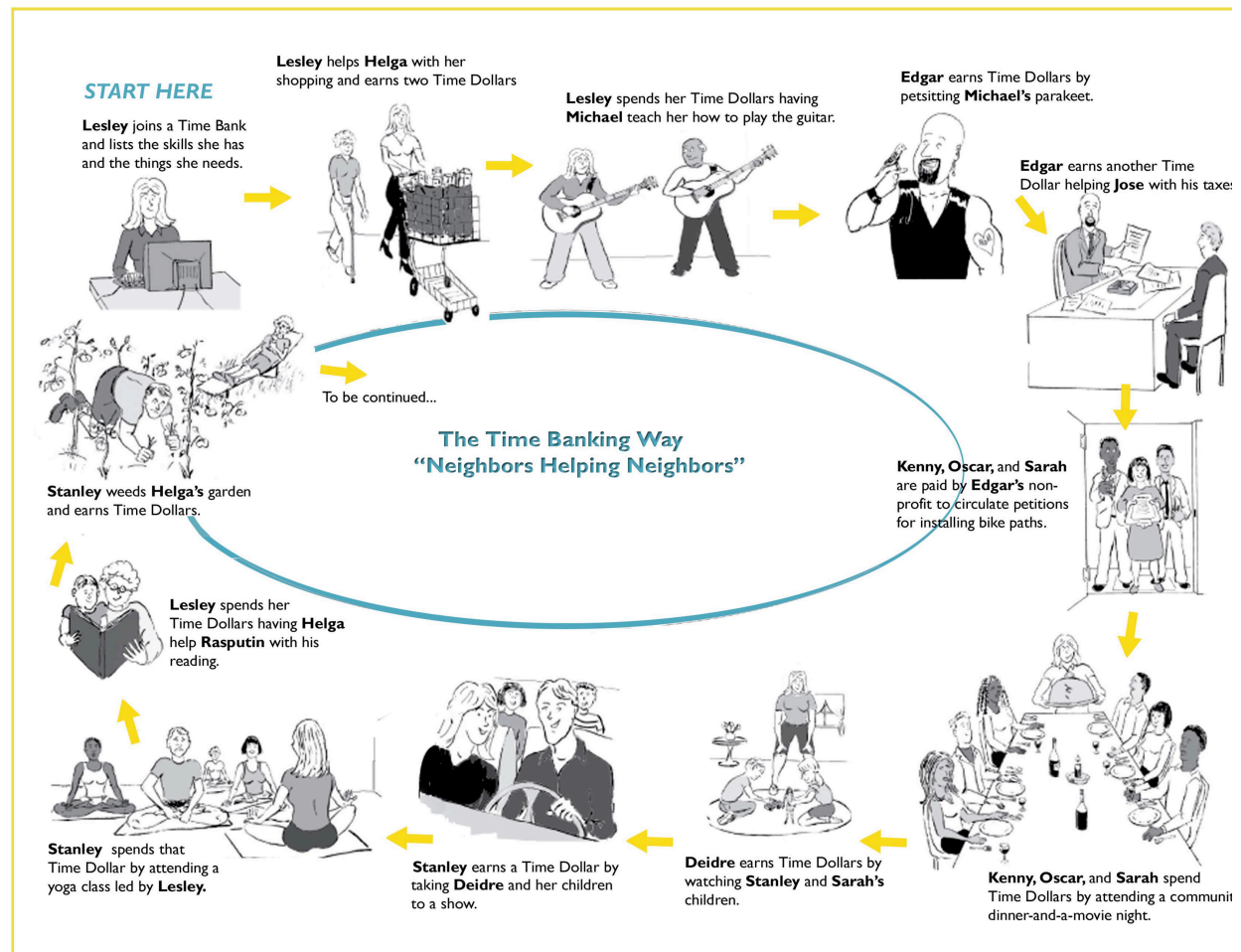
213-973-BANK (2265)

Giving and Receiving

- *Minor Home Repair*
- *Massage*
- *Pet Care*
- *Transportation*
- *Editing*
- *Errands*
- *Cooking*
- *Computer Assistance*
- *Garden/Yard Work*
- *Housekeeping*
- *Budgeting*
- *Car Repair & Maintenance*
- *Clerical*
- *Jewelry Making*
- *Aromatherapy*
- *Arts & Crafts*
- *Haircuts*
- *Planning a Party*
- *Childcare*
- *Tax Help*
- *Language Translation*
- *Website Design*
- *Moving Assistance*
- *Tutoring*
- *Mending & Alterations*

Group Activities

- *Movie Nights*
- *Potluck Dinners*
- *After School Activities*
- *Yoga*
- *Game Nights*
- *Community Garden*
- *Neighborhood Watch*
- *Fashion Shows*
- *Singing*
- *Storytelling*
- *Knitting Lessons*



What Is a Time Bank?

A Time Bank is a community of people who support each other. When you spend an hour to do something for an individual or group, you earn a Time Dollar. Then you can use that Time Dollar to buy an hour of a neighbor's time or engage in a group activity offered by a neighbor. Take a look at the Time Banking Way cartoon to see some examples!

It's that simple. Yet it also has profound effects. You get to know your neighbors and build an old-fashioned extended family of people who take care of each other. Time Banks change whole communities.

Why a Time Bank?

With Time Banking, you will be working with a group of individuals who are joined together for the common good. It brings out the best in people, because Time Banking is a system that connects unmet needs with untapped resources.

In that simple way, Time Banking changes the world. It may be through a single exchange between two friends. Or it might be by changing the dynamics of human service systems that serve thousands and even millions of people over time.