



Family TimeBank members participate via service exchanges to earn TimeBank credits in the following categories:

- **Family-to-Person-** Providing a service to an individual, cooking a meal, doing yard cleanup, being a pen pal, your ideas
 - **Family-to-Family-** Assisting a family affected by a hardship, moving into or out of the neighborhood, your ideas
 - **Family-to-Organization-** Helping an organization by volunteering, your ideas
- Family teams can participate in FTB Event Days. Ask for details.

A FAMILY TIMEBANK TEAM INCLUDES AT LEAST ONE ADULT AND ONE CHILD/YOUTH

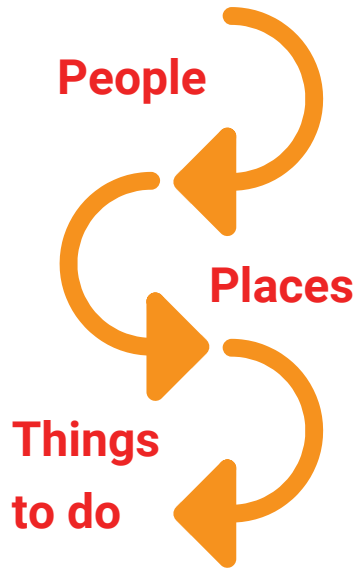
TIMEBANKING HISTORY

Life works better with informal supports and community connections

Timebanking was created by Edgar Cahn in 1980 and is used worldwide by youth, community, and senior-serving programs.



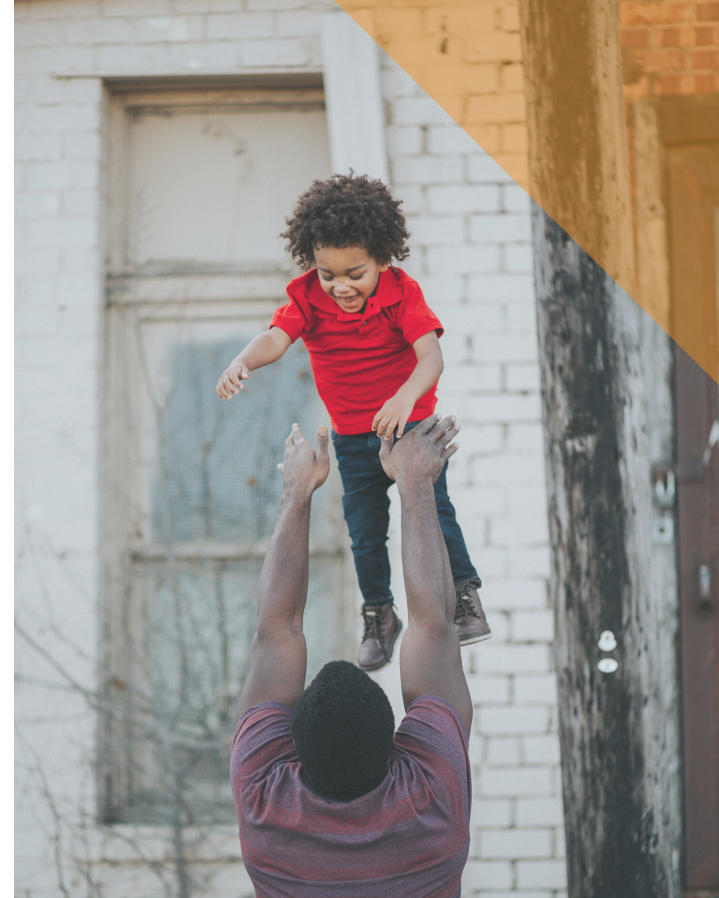
Examples, research, videos, and stories of the *transformative power* of TimeBanking can be found at:
TimeBanks USA www.timebanks.org
hOurworld www.hourworld.org



YOUTH TIMEBANKING & FAMILY TIMEBANKING

www.ytbnj.org
info@ytbnj.org
Instagram: @ytb_nj

YTBNJ.org is a 501(c)(3) nonprofit organization
Donate: PO Box 474
Clarksburg, NJ 08510



FTB - FAMILY TIMEBANKING

A Youth TimeBanking game for pre-teen youth to earn points from service activities. Reach 10 points; Earn a reward; Keep going. Ask your FTB coordinator for details.



FAMILY TIMEBANKING IDEAS

FTB Team helps a person, family/group, or organization with a service activity.

Perform a Service Together

- Cook a meal, prepare food
- Write a notecard or essay
- Participate in park clean-up
- Help at library or foodbank

Experience Something Together

- Obtain Government ID
- Participate in Talent Show
- Join a club

Learn Something Together

- Take photography course
- Learn CPR or first aid
- Achieve an exercise goal
- Attend a town meeting



Talk with your FTB Coordinator for specific ideas where you live.

CORE VALUES OF TIMEBANKING

1. WE ARE ALL ASSETS

2. SOME WORK IS BEYOND PRICE

3. WORKING "WITH" EACH OTHER IS BETTER THAN DOING THINGS "FOR" EACH OTHER

4. WE NEED SOCIAL NETWORKS AND COMMUNITY

5. EVERY PERSON MATTERS AND DESERVES OUR RESPECT

YTBNJ .ORG

YTBNJ.org works with individuals, groups & organizations having the shared vision of YTB & FTB: Civic engagement practices for youth to learn about the people, places & things that make a strong community.

FTB has 2 Rules:

1. FTB team completes service activity.
2. FTB team tracks their service activity with FTB Coordinator.

Family earns 1 credit for each hour of service. At 10 credits family receives FTB gift card.

GET STARTED WITH FAMILY TIMEBANKING

1. Try FTB

Review brochure, ask questions, understand rules.

2. Explore your Community
Ask for ideas.

3. FTB In Action
Meet people, go places, do things.

4. Earn FTB Credit
Enter hours online or in FTB log, approved by FTB Coordinator.

5. Collect Reward
Reach 10 credit hours. Receive a gift card.

6. Keep Going!
Fill your card with 10 people, 10 places, 10 things you did.