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](http://www.timebanks.org)
- **hOurworld** [www.hourworld.org](http://www.hourworld.org)

**YOUTH TIMEBANKING & FAMILY TIMEBANKING**

[www.ytbnj.org](http://www.ytbnj.org)
info@ytbnj.org
Instagram: @ytb_nj

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.

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