

Examples of TimeBank Mahoning Watershed Service Exchanges

tbmw.org

Art and Crafts

Arts and Crafts
Artwork
Gift Wrapping
Knit and Fabric
Scrapbooking

Audio and Video

CD Burning

Auto/Boat/Bike

Car Wash

Beauty/Cosmetic/Spa

Hair Coloring

Business/Office Services

Accounting
Bulk Mailing
Clerical Help
Data Entry/Typing
Facilitate Meetings
Interview Skills/Employment Coach
Misc. Business/Office
Nonprofit Consultation
Office Administration
Phone Calling
Planning or Startup Advice
Printing
Professional Writing/Editing
Research

Classes / Lessons / Workshops

Ballroom/Club
Dancing
Financial Planning
Guest Speaker
Health Classes
Help With/Organize Workshops
Knitting
Misc. Classes/Lessons
Photography Lessons
Piano Lessons
Sewing Lessons
Time Bank Training
Tutoring
Watercolor Lessons

Children/Youth

Child Care
Infant Clothes Exchange

Community Service / Projects

Attend Event
Attend Meeting
Help With Community Project

Companionship

Companionship
Telephone Visit

Computer

Computer Assistance/Advice
Ebay and Amazon Listings - Teach or Enter
Internet Research
Misc. Computer Refurbishing/Repair
Social Media Management

Construction and Home Repair

Electrical - Basic
General Home Repair
Misc. Construction/Repair
Odd Jobs/Handy Person
Painting
Plumbing

Cooking and Foods

Baked Goods
Culinary Guidance
Ethnic
General Cooking
Vegetarian/Vegan/Macro

Entertainment/Performance/Shows

Music Storytelling

Fitness/Outdoor/Nature

Activity Partner
Day Trips
Fishing
Fitness/Exercise
Activities
Mining for Rocks
Nature Walks
Outdoor Adventure
Sports

Garden/Yard

Advice/Planning/Design
Compost Advice/Training
Cut/Stack Firewood
Farming
General Garden/Yard
Manure/Compost

Health and Wellness

Alternative Health Assessment
Color Light Therapy
Cranio-Sacral Therapy
Direct Care
Exercise and Fitness
Food and Nutrition
Massage
Mental Health/Counseling
Mindfulness
Meditation
Yoga

Help in the Home

Cleaning / Cooking / Helping Hands
Organizing Packing or Moving Assistance
Recycling
Shopping / Errands

Help Our TimeBank!

Time Bank Ambassador
Time Bank Help Support

Languages / Translation

Beginner Slovak Lessons
Examine Foreign Documents
French Interpreting

Local Exchange Support

Ambassador Tasks and Outreach
Board Meetings
Event Game Night
Event Potluck Gathering
Member Mentors
Member Referral
Trainings and Meetings

Lodging/Accommodation

Overnight Stay Rent Room

Miscellaneous

Item Exchange

Pet Care

All Species
Pet Care
Cat Sitting
Dog Sitting
Dog Training
Dog Walking

Photo and Video

Photoshop
Professional Photography on location or in studio
Short videos for QuickTime movies on Internet
Video Production Services

Spirituality/Philosophy

Readings

Transportation

General Transportation
Travel Advice

Work For Social Change

Ambassador - Project Help
Grant Writer

Writing/Research/Publishing

Creative Writing
General Research Journaling
Misc. Writing/Research
Proof Reading
Publishing
Research Assistant
Resume
Short Stories
Technical Writing