

Announcing launch of community TimeBanks in Ottawa and surrounding regions

The TimeBanks representing community groups are now open and once activated, will bring people together to help one another and make social connections community wide.



Ottawa, Ontario Jan 19, 2023 (Issuewire.com) - [Timebanking Canada Inc.](#) today announced the launch of **community TimeBanks** in Ottawa. Each geographic or ethnic community will operate an independent TimeBank, overseen and managed by two or more member coordinators. TimeBanking is a social practice of people helping one another, learning new skills, and making social connections across the community. People share time and skills on a reciprocal and pay-it-forward basis.

TimeBanking is focused on using time as currency; **one hour is worth one-time credit**. Everyone's time is equal. That creates social justice. When you 'give' time, you earn time credits. You would spend time credits when you 'receive' help from someone. The data on all 'exchanges' are stored in the Timebank and the time credits earned and spent are tracked to generate accounting reports for each member and for the Timebank. The basic tenet is **everyone has something of value to give**; it doesn't matter about their age, ability, or any other background. This inclusive approach empowers people, which leads to a stronger community.

"TimeBanking can bridge divides of race, class, gender, national origin — because it defines people by what they are prepared to do for others," said Sarah Bird, CEO of Timebanking UK in her TED Talk on the subject. Edgar Cahn, Founder of TimeBanking said ... "TimeBanking enables everyone to give the most precious thing we have – one hour. Our slice of eternity. Priceless."

The benefits of TimeBanking include:

- Timebanking creates new and positive ways for people to connect with others to make new friends.
- People who take part feel healthier, happier, and less isolated within their communities.
- People become more confident and have improved self-esteem.

The community TimeBanks for the geographic Ottawa communities are now open. People (18+) may now register as members at <https://timebankingcanada.org>. **Membership in the TimeBanks is free.**

To learn more, attend a **weekly Zoom seminar (Saturdays 4-5 PM)**—Register at: <https://bit.ly/tbseminar>.

About Timebanking Canada Inc: Timebanking Canada Inc. was incorporated as a Federal Nonprofit corporation early in 2022 to launch TimeBanking in geographic/ethnic communities in and around Ottawa. It has partnered with Timebanking UK as an International member and licensed its cloud software, TOL2 to operate TimeBanks. Timebanking Canada aims to bring people together, make social connections, and strengthen communities. Each community will be buzzing like a large neighborhood.

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