

Need help
Could help
Help identify the needs and skills
in your area

Need help
Could help

| | | | | | |
|--|--|-------------------------------------|--|--|---|
| | | Accounting / Bookkeeping | | | Massage |
| | | Administrative Assisting / Clerical | | | Personal Care |
| | | Advocacy | | | Pet Care |
| | | Auto – Oil Change | | | Reading |
| | | Auto – Tune-Up | | | Recycling |
| | | Career Counseling | | | Reflexology |
| | | Carpentry / Construction | | | Respite Care |
| | | Child Care | | | Running Errands |
| | | Companionship | | | Sewing |
| | | Computer Desktop Publishing | | | Shopping - Clothing |
| | | Computer Info Systems | | | Shopping - Food/Misc |
| | | Computer Literacy | | | Storytelling |
| | | Computer Repair | | | Teach Dancing |
| | | Computer Tech Support | | | Teach Fishing |
| | | Creating Community Events | | | Teach Musical Instrument |
| | | Crisis Intervention | | | Teach Language |
| | | Eldercare | | | Teach Sports |
| | | Errands | | | Team Leadership |
| | | Escort / Dating | | | Telephone Assurance |
| | | Exercise / Personal Trainer | | | Translation |
| | | Facility Maintenance | | | Transportation |
| | | Farm Animal Care | | | Trash Handling |
| | | Food - Deliver | | | Tutoring - Cross-Age |
| | | Food - Help prepare meals | | | Tutoring - Peer |
| | | Food - Help prepare snacks | | | Volunteer Coordinator |
| | | Fund Raising | | | Washing Cars |
| | | Gardening | | | Weight Loss Coaching |
| | | Grant Writing | | | Writing - Correspondence |
| | | Greeter / Reception | | | Writing - Creative |
| | | Hair Dresser | | | Writing - Resume |
| | | Handy Person | | | Yard Work |
| | | Hauling Stuff/Helping Move | | | Yoga |
| | | Home Repair | | | Youth Club |
| | | Home Visiting | | | Other (Create your own list of things you enjoy doing or need help with) |
| | | Hospice | | | |
| | | Hospital Assistance | | | |
| | | House organizing | | | |
| | | Housekeeping (light) | | | |
| | | Laundry/Ironing | | | |
| | | Life Coaching | | | |
| | | Literacy | | | |

Availability:

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | | | | | | |

A member of the Phoenixville Area Time Bank will call on you soon.