



Hour Exchange Portland

Hello!

Hour Exchange Portland Staff

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Thank you for inquiring about the Hour Exchange Portland (HEP). Our growing network is comprised of over 700 members who exchange over 20,000 hours of service annually. Our members offer a tremendous number of individual and organizational services; there is something for everyone!

This is an exciting time to be part of Hour Exchange Portland by committing to the values and principles that define HEP—trust, reciprocity, equality and civic participation—we are creating positive social change in our community.

Once you become an active member, you can make unlimited exchanges, giving and receiving, to enhance your life. However, we ask that each member participate in a minimum of six exchanges annually. There are many group projects and annual events offered where you can earn time dollars, which you will hear about at your orientation.

Please fill out the application form and have two persons who are non-family complete the two personal reference forms. You may either mail them to Hour Exchange Portland— 85 Grant Street, Portland Maine 04101 or bring them with you to the orientation.

The final step in becoming a member is to attend an orientation. This is a one hour appointment and your first chance to meet other new members. If none of these dates work for you, please call and we can arrange a time that does work.

Tuesdays 6-7 PM

Thursday Days 1-2 PM

Hour Exchange Portland does not charge fees, however, a \$25.00 annual donation is

Tuesday, September 2nd

Thursday, September 25th

Tuesday, October 7th

Thursday, October 23rd

Tuesday, November 4th

Thursday, November 20th

Tuesday, December 2nd

Thursday, December 18th

If you can't make these dates and need a one-on-one orientation, just call the office and make an appointment.

appreciated to cover the cost of administration.

Please call 874-9868 to let us know which orientation you will be attending. It is not necessary to RSVP, but it is helpful for our preparation.

Warmest Regards,
Hour Exchange Portland Staff