



## **Teresa Trider**

Teresa is an invaluable volunteer for the Halifax Regional Police. She provides support to victims of crime, sits on the Victim Services Volunteer Association Board of Directors, teaches youth the value of civic participation, and mentors new volunteers. Teresa is exceptional because she is passionate about living in a world where kindness and respect rule. Her impact is broadly felt as she inspires everyone she meets with confidence and energy to fulfill any roles she takes on.