

Teineisha Richards

Cultural Youth Support Worker
(Bear River, Annapolis Valley, Glooscap &
Wasoqopa'q) - Department of Health &
Social Services



ABOUT MY ROLE

Kwe'! My name is **Teineisha Richards**, and I'm honoured to serve as the Cultural Youth Support Worker (CYSW) for the CMM Western Region communities of Bear River, Annapolis Valley, Glooscap, and Wasoqopa'q. My main focus is providing **mentorship and individualized support to youth** (ages 25 and under) helping them strengthen their connection to **Mi'kmaq culture, language, and identity** while building confidence and a strong sense of self.

Along with mentorship, I also help coordinate workshops, cultural activities, and community-based initiatives that create safe, meaningful spaces for youth to learn, grow, and thrive. I look forward to connecting with community members and working together to support our young people on their journeys.

Contact Information:

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Working Hours: Mon - Thur, 8:30AM -
4:00PM

In BRFN Health Centre Office: Tuesday's
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inquiry**

