



TUESDAY, FEBRUARY 13, 2024



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## Mansonville SADD (Students Against Destructive Decisions) chapter holds workshop retreat weekend



COURTESY

*SADD group arrives at Retreat weekend location*

### The Scoop By Mable Hastings

From Saturday, Feb. 10 to Sunday, Feb. 11, the CAB Missisquoi North SADD (Students Against Destructive Decisions) Mansonville Chapter held its annual "Retreat" - Leadership, teamwork and public speaking skills building weekend.

Filled with many workshops which gave the SADD youth board of directors the opportunity to connect with each other and to reflect inward, this annual event has become a vital opportunity for SADD to connect and achieve.

Since the group will be attending the upcoming Noah Kahan concert in Montreal in April together, the theme of this year's Retreat was entitled,

"Stick Season" and Kahan's music was used throughout the event.

"I'm proud of what our group accomplished here and the growth in people that we witnessed," said Ethan Ball youth centre coordinator who planned and animated the weekend.

The weekend included a variety of team building workshops and activities as well as a variety of exercises to

increase self-awareness and self-esteem. Enhanced by skill testing games, fun activities and traditional Resto Bolton pizza and fries, the weekend achieved its goal of building leadership skills. The Potton speakers themed event meant each youth had to do an icebreaker speech and talk

CONT'D ON PAGE 3



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