




 July 18, 2026

 9:00 AM - 2:00 PM

 Open to ages 7-12 across Metro Atlanta

 Registration: \$25

 Rain or Shine Event

 Registration closes June 1

ASoA Brave Bash is a one-day event created to help kids feel brave, capable, and ready for the new school year. This fun, hands-on day is packed with creative activities, team games, and confidence-building challenges designed just for kids.

It's a day full of creativity, laughter, and small brave moments that add up to big confidence.

Contact us with questions!

Pearl: arno@anxietyatl.com

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Registration details here!



ASoA Brave Bash

"Come build confidence. Leave feeling mighty."

July 18th, 2026 at 9am-2pm

ASoA Brave Bash is a one-day confidence and resilience event designed to help children build real bravery skills before the new school year begins. Open to families across Metro Atlanta, this engaging, hands-on day is filled with creative challenges, team-building activities, and guided "mini brave adventures."

Through creative activities, fun games, arts and crafts, and connecting with nature, kids will practice:

- ✓ Trying new things**
- ✓ Building flexibility and resilience**
- ✓ Strengthening self-esteem**
- ✓ Enjoying sharing each others wins**

This is a rain or shine event, and registration closes June 1, 2026. Space is limited to maintain small groups.

We can't wait to help your child build more confidence, community, and courage before school starts!

This is not therapy, not a substitute for clinical treatment, and no diagnostic services will be provided.