

**\*\*\*NEWS RELEASE\*\*\***

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## ***American Heritage Girls Provides Positive, Powerful Experiences for Young Women During This Time of Reconnection***

*As America Emerges from the Pandemic, AHG Is Bringing Troops to Local Communities to Combat Loneliness and Isolation in Young People*

**CINCINNATI, Ohio** — Our country, from coast to coast, is opening back up after the COVID pandemic—and *American Heritage Girls* (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org)), the premier, Christ-centered character and leadership development program for girls ages five to 18, is here to offer a faith-based, scout-type experience for girls nationwide. This includes badge programs, service projects, leadership opportunities, outdoor adventures, and much more, all with an emphasis on Christian values and family participation.

We know that 2020—a time of distancing and isolation—left many children feeling hopeless and helpless, to the detriment of their relationships. Even prior to that, many teens were worried and fearful, with data from the [National Comorbidity Survey Adolescent Supplement](#) showing that 31 percent of all youth have diagnosed anxiety disorders. Yet that’s not the half of it.

***“Note the word ‘diagnosed,’” said AHG Founder and Executive Director Patti Garibay. “Imagine the percentage when we include those who have not sought medical or psychiatric help. But in this fallen world, there will always be reasons to fear.”***

To help foster and provide positive, powerful connections for young women, **AHG** created the Christian parenting resource platform, [Raising Godly Girls](#), which is a culmination of 25 years of building women of integrity through *American Heritage Girls*. The “Raising Godly Girls Guide to Fear and Anxiety in Uncertain Times” shares with parents, ministers, and educators the knowledge, tools, and Scripture-based advice to tackle fear and anxiety—and, in turn, raise a godly girl.

*Said Garibay, “Our mission is building women of integrity through service to God, family, community, and country. Interested girls can join an AHG Troop today—and enjoy not just strong new connections with others, but a fresh understanding of their own faith in God.”*

AHG Troops are located in [local communities](#) across the nation.

One AHG member, Alaina, recently shared her own path to resilience and faith. In a moving essay for her “Stars and Stripes Award” (the highest AHG recognition available), she wrote: *“The pandemic was in full force. I was spending weekends with my grandparents to assist in online church; this, while seemingly small, was significant to me, as it totally changed my family dynamic on the weekends. I was also grappling with a formidable combination of peer pressure and guilt ... [One] night, I grabbed my cellphone and a jacket and went for a walk. The weather was cool, the streetlights pretty, the neighborhood quiet. I prayed hard that night. I woke up the next morning full of a peace I hadn’t felt before, likely because I’d never required that sort of peace before ... No matter the question, God has answers.”*

AHG is dedicated to providing authentic, positive, and values-driven character and leadership development opportunities and outdoor adventure for girls across the nation. This well-organized program honors specific, measurable accomplishments.

*American Heritage Girls* was founded in 1995 by a group of parents who wanted a faith-based, scout-type character development program for their daughters. *American Heritage Girls* across the nation and the globe participate in badge programs, service projects, leadership opportunities, and outdoor experiences, all with an emphasis on Christian values and family involvement.

In addition to the biblically based parenting advice shared in the [Raising Godly Girls blog](#) and [Raising Godly Girls](#) radio features that are heard on 770 radio stations, *American Heritage Girls* provides a community experience in a Troop setting. Girls benefit from Christ-centered friendships and mentors to assist them in becoming godly girls.

Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a Trailblazer enjoying the AHG Program alongside their parent. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine.

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To schedule interviews with *Patti Garibay, founder and executive director of American Heritage Girls*, contact [Media@HamiltonStrategies.com](mailto:Media@HamiltonStrategies.com), Beth Harrison, 610.584.1096 ext. 105, or Deborah Hamilton, ext. 102.