

*****NEWS RELEASE*****

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American Heritage Girls Is Proud to ‘Celebrate Girlhood in Every Way’

*At AHG, Each Well-Defined Program Level
‘Supports the Physical, Mental, Social, Spiritual, and Emotional
Development of Girls Ages Five to 18’*

CINCINNATI, Ohio — Scores of families already know that *American Heritage Girls (AHG, www.americanheritagegirls.org)* is the premier faith-based, scout-type leadership development program for girls and young women ages five to 18 in this country. *AHG* not only offers hands-on badge programs, service projects, leadership opportunities, outdoor adventures, and much more—it emphasizes Christian values and family participation throughout.

AHG provides age-appropriate progression with Christian programming that is rich in opportunities for girls of all ages and abilities. *AHG* firmly believes that as girls grow and change, so, too, should their activities change with them and for them. In each well-defined *AHG* Program Level, girls are introduced to new skills, new experiences (including outdoor adventures), and new leadership positions. Importantly, they’re also given wonderful opportunities to grow closer to the Lord.

Says AHG Founder and Executive Director Patti Garibay, “We proudly celebrate girlhood in every way. Each of our five Program Levels is created to support the physical, mental, social, spiritual, and emotional development of girls five to 18 years old.” She adds, “Girls progress through the Program Emphases to expand their faith, skills, and knowledge. AHG is exciting and challenging as girls participate in new responsibilities, opportunities, and activities.”

At *AHG*, the five Program Levels for girls are:

- **Pathfinder:** ages 5-6
- **Tenderheart:** ages 6-9
- **Explorer:** ages 9-12
- **Pioneer:** ages 12-14
- **Patriot:** ages 14-18

As Garibay also notes, “Our AHG program is thoughtful, well-rounded, and intentional. A girl who completes the AHG program will be a Christ-following servant leader who is honoring, relational, and competent—in short, a woman of integrity.”

Testimonials from *AHG* participants are revealing. *Says Pamela W., an AHG mom, “My daughter, Emma, just became a Patriot. She’s been with AHG since she was five and has grown into an amazing, confident young woman. She has developed lifelong friendships ... and her faith is stronger because it extends past home and church! Her heart to serve amazes me and I believe it was developed through many acts of service with AHG. She is truly a godly young woman of integrity.” And Janice H., another AHG mom, says, “My Pioneer daughter has high-functioning autism. Of the many different groups and programs that we’ve been in, AHG is the only one where she’s made friends and flourished. I’m thankful for AHG.”*

At *AHG*, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. If none exists in a given area, families can bring the *AHG* Program to their own area. An *American Heritage Girls* Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#).

AHG’s mission is to build women of integrity through service to God, family, community, and country. It is dedicated to providing authentic, positive, and values-driven character and leadership development opportunities and outdoor adventure for girls across the nation.

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](#) and enjoy 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, Beth Harrison, 610.584.1096 ext. 105, or Deborah Hamilton, ext. 102.