

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

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American Heritage Girls Is Here to Help Girls Through This Year's Back-to-School Jitters

AHG, Serving Girls Ages Five to 18, Has Wonderful Resources to Assist Christian Families

CINCINNATI, Ohio — Back-to-school anxiety among children may be higher than ever this year as a result of pandemic-driven isolation, masking, and social uncertainties—and scores of young people may need extra support and care as they [get reacquainted](#) with classmates, routines, and activities. ***American Heritage Girls (AHG)***, www.americanheritagegirls.org, the premier faith-based, scout-type leadership development program for girls and young women ages five to 18 in this country, stands ready to help in a significant way.

Not only has ***AHG*** been active and innovative all throughout the pandemic—offering hands-on badge programs girls could do at home, service projects, leadership opportunities, outdoor adventures, virtual connections and more—but ***AHG*** has long emphasized Christian values and family participation. Its parenting resource platform, ***“Raising Godly Girls,”*** also taps into its rich history of working with thousands of girls and their families nationwide.

Says Patti Garibay, AHG’s founder and executive director, “This past year brought significant change for students. Many young people participated in two consecutive school years of virtual learning, while others had a hybrid experience in and out of physical classrooms. During this time, girls’ tech skills likely increased—while their social skills may now be in need of a boost.”

It’s why Garibay wisely advises parents, “Spend some time talking with your girls about changes for the new school year. This will help alleviate anxiety. You might also invite their classmates over for a get-together before school starts or early on in the year. As 1 Corinthians tells us so well, ‘I want you to be free from anxieties.’ Above all,” adds Garibay, “know that your girls will benefit tremendously from community.”

The ***“Raising Godly Girls”*** radio feature shares guidance and biblically based advice on this and many other key topics. It gives parents, educators, and faith community leaders a set of tools, resources, and Scripture-based advice to assist in raising girls after God’s own heart. The ***“Raising Godly Girls Minute”*** with [Patti Garibay](#) airs on 900+ Christian radio stations across the country.

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 ***AHG*** 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'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 900+ 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.

To inquire about airing the *“Raising Godly Girls Minute”* with Patti Garibay, contact [Michael Hamilton](#), 610.584.1096, ext. 101.