

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

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American Heritage Girls encourages Troops to see God in nature through new ‘Free to Discover’ program

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CINCINNATI, Ohio — American Heritage Girls (AHG, www.americanheritagegirls.org), one of the world’s largest Christian scout-type organizations, is proud to encourage girls to get out in nature and experience God’s wonder through His creation. From April 25-29, 2022, AHG Troops will innovate, try new things, and fail forward to build confidence with the new **“Free to Discover”** program.

This unique and rewarding program challenges girls to get outside and seek God’s hand through His own creation—and see how they are part of His perfect plan. The program walks AHG members through steps designed to help them observe, innovate, experiment, determine, and collaborate. Girls who complete the various activities and adventures will earn their **“Free to Discover”** event patch.

Patti Garibay, AHG founder and executive director, commented, “It can sometimes be challenging to see the goodness of God in our day-to-day lives. It is so important to remind girls that God is good all the time, and that all that is good comes from God alone. As our good and perfect heavenly Father, God wants us to turn to Him for answers, hope, and life. AHG’s new ‘Free to Discover’ program allows girls to get outside and see what God described in Genesis as ‘good’—their own backyards!”

The **‘Free to Discover’** program includes sections such as “Backyard Nature,” “Wild Outdoors,” “Captive Creatures,” and more. All the activities make sure to incorporate Scripture and biblical principles in order to further connect girls with the Truth.

“Through this new program,” Garibay stated, “girls are free to discover the goodness of God through carefully designed activities, questions, and challenges. It has been a privilege to help raise women of integrity for nearly 30 years through AHG programming such as this one.”

For more information about AHG’s **“Free to Discover”** program, click [here](#).

American Heritage Girls was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. 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 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](#). To hear more about the purpose, mission, and vision of *AHG* from *Founder and Executive Director Patti Garibay*, [click here](#).

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.

The *“Raising Godly Girls”* radio feature and [Raising Godly Girls blog](#) shares guidance and biblically based advice on many key topics affecting girls today—from bullying and identity to anxiety and body image issues. 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.

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To schedule interviews with spokespersons from *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.