

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

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CONTACT:

Hamilton Strategies, Media@HamiltonStrategies.com, Beth Harrison, 610.584.1096 ext. 105, or Deborah Hamilton, ext. 102

AUGUST IS BACK TO SCHOOL MONTH

***AHG* helps girls with back-to-school jitters through
godly, girl-centered programming**

‘AHG is equipped with the right tools and techniques to help girls not only prepare for a new school year, but thrive in the school environment’

CINCINNATI, Ohio — Parents and teachers are already gearing up for the 2022-2023 school year, and in addition to notebooks and pencils, hundreds of parents are preparing their daughters for the school year by enrolling them in *American Heritage Girls* (*AHG*, www.americanheritagegirls.org), the premier faith-based, scout-type leadership development program for girls ages five to 18.

“The beginning of a new school year can be a stressful time for girls,” stated AHG founder and executive director Patti Garibay. “Making new friends, meeting new teachers, and possibly even switching schools can have a huge impact on a girls’ school experience. AHG is equipped with the right tools and techniques to help girls not only prepare for a new school year, but thrive in the school environment.”

AHG is dedicated to raising godly girls through outdoor adventure, development opportunities, badge programs, leadership experience, service projects, positive relationships, and more. Girls learn to embrace what makes them uniquely feminine, as well as experience personal and spiritual growth through a variety of Troop events and activities — all perfectly designed to suit a girl’s abilities at any age or stage.

A mother and grandmother herself, *Garibay* is familiar with any back-to-school jitters and has solid advice for parents concerned about their daughters’ school experience. *“Spend some time talking with your girls about changes for the new school year,” Garibay commented. “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, know that your girls will benefit tremendously from community, such as an AHG Troop!”

Garibay taps into her rich history of working with thousands of girls and their families nationwide and gives even more godly parenting advice on *AHG*’s parenting resource platform, *“Raising Godly Girls.”* 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.

Garibay recently spoke on [Focus on the Family](#) about the importance of raising godly girls and how parents and grandparents can help equip the next generation of women. *Host Jim Daly said, “Patti’s advancing a very noble*

cause and I'm so encouraged by her commitment to godly values and her desire to pour into the next generation of young women."

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 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 **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.