

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

For Immediate Release  
September 6, 2022

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## **‘At American Heritage Girls, you belong;’ AHG girls build lifelong friendship and community through unique, God-focused program**

*Garibay: ‘Girls need encouraging, uplifting friendships in order to grow into godly women of integrity’*

CINCINNATI, Ohio — Female friendship is a powerful force. [Studies show](#) that women, more than men, need to maintain those close friendship connections. These relationships increase serotonin and oxytocin, the bonding hormones. Women tend to [bond over common interests](#) and find that key friendships are the “backbone” of their happiness. This need for friendship is even more important for adolescent girls. Youth tend to utilize friendships [to navigate their identity](#) and role in society, so for young girls, friendships with like-minded individuals are crucial.

*American Heritage Girls* (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org)) is the premier faith-based, scout-type leadership development program for girls ages five to 18. AHG is dedicated to creating a safe space for girls to create meaningful, lifelong friendships with like-minded Christian peers.

*“American Heritage Girls is all about relationships,” AHG Founder and Executive Director Patti Garibay commented. “Girls need encouraging, uplifting friendships in order to grow into godly women of integrity. By connecting with the other girls in their Troop (and our AHG community around the world!), girls feel more confident and self-assured. Having a friend by your side as you trek through the outdoors, learn new skills, face your fears, or just live your every day life can make all the difference in the world. No matter what kind of girl you are, at American Heritage Girls, you belong.”*

Over the past year, AHG has seen explosive growth, with a 60% increase in people looking to find a Troop to join in their area and 61% increase in people signing up to start a new Troop. This impressive surge of interest only highlights the growing need for godly, girl-focused organizations — and AHG is ready to bridge the gap.

*“What makes AHG different is that being God-centered and girl-focused is paramount,” Garibay explained. “Parents know that their daughters need an organization that isn’t afraid to share the Gospel with their daughters and teach them how to implement their faith in every aspect of their lives. Our dedication to raising godly girls is what sets AHG apart — and families are seeing that and responding.”*

*One AHG parent said, “AHG is an awesome organization for my girls! They have made some wonderful friends and created some great memories. We can’t wait to see what else unfolds for AHG!”*

*Another **AHG** parent said, “My daughter loves being in **AHG** and has become part of the best community! We are so thankful for **AHG** and their dedication to raise godly girls. This is why my family left another scouting organization and came to **AHG**!”*

**Garibay** recently spoke on the [Focus on the Family](#) nationwide radio program about the importance of raising godly girls and how parents 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 1000+ 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](mailto: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.