

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

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***American Heritage Girls* provides moms with timely biblical advice to navigate their girls through grief**

*“Grief may feel like it’s never-ending, but using God’s word as a [guide through the good times](#) and bad will be a source of comfort,” says **AHG Founder and Executive Director Patti Garibay***

CINCINNATI, Ohio — Seeing their child heartbroken can leave moms feeling helpless. Whether getting cut from a sports team or facing a tragedy like the loss of a loved one, seeing your daughter’s sweet spirit get crushed is never easy. *American Heritage Girls* (**AHG**, www.americanheritagegirls.org), one of the world’s largest Christian scout-type organizations, offers Biblically sound advice for moms to help their girls navigate their grief, ranging from everyday disappointments to major losses.

“One way to lead well through grief is through empathy,” says Patti Garibay, Founder and Executive Director of American Heritage Girls. “That’s the kind of compassion your girl needs. Romans 12:15 says to ‘weep with those who weep in the kingdom of God.’”

For those facing the loss of a loved one, **AHG** offers biblical advice for moms on how to help their daughters [cope with grief](#). *“If you’ve experienced the loss of a loved one, be patient with your girl. It’s likely that this is the first time she is experiencing grief. Give her the space to feel her emotions, but make yourself available whenever she might want to talk. Comfort her with the Word by writing Psalm 34:18 on the bathroom mirror: ‘The Lord is close to the brokenhearted and saves those who are crushed in spirit.’”*

AHG’s [Raising Godly Girls](#) podcast provides moms with practical advice and personal insights on guiding children through the grieving process. Emphasizing the significance of age-appropriate responses and maintaining open communication, **AHG** shares valuable strategies for parents facing this challenging journey. With a focus on honoring emotions and finding solace in faith, **AHG** provides a supportive space for listeners grappling with loss and disappointment with grace and resilience by embracing lamentation and fostering open communication.

“Grief looks different for every person, but more so for children,” says Garibay. “The initial shock and tears after the death of a close family member are expected. But how do you respond when her grief shows itself weeks and months after the memorial service, when all the casseroles are eaten, and the beautiful flowers wilted in a renewed wave of sadness? She’s realizing that the physical signs of her loved one are truly absent. Now, if your girl doesn’t process grief, naturally the body logs it, stores it, and wreaks emotional and physical havoc later on. Protect her long-term wellness by easing the pace of life and letting her tears flow.”

For other types of disappointments, **AHG** equips moms with the insight to parent their daughters [through heartbreak](#). Whether their daughter got cut from the field hockey team or broken up with, seeing her sweet spirit

get crushed is never easy. Guiding girls toward new activities like exercising at home or hanging with friends is just one of the steps they can take to navigate a heartbreak.

“Take the time to talk with your daughter in an age-appropriate way about loss and sorrow,” says Garibay. “Let her know that you are there to listen. Grief may feel like it’s never-ending, but using God’s word as a [guide through the good times and bad](#) will be a source of comfort. John shared, ‘So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.’”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “*Raising Godly Girls*” one-minute [radio feature](#) to learn more about using God’s Word and the power of Scripture to guide girls through grief.

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.

AHG offers various resources under [“Raising Godly Girls.”](#) including a [weekly podcast](#), one-minute radio features, a blog, and guides for parents. All “*Raising Godly Girls*” platforms and materials offer guidance and biblically-based advice on various topics affecting girls today, such as bullying, identity, anxiety, and body image issues. “*Raising Godly Girls*” provides parents, educators, and faith community leaders with tools, resources, and Scripture-based advice to help raise girls after God’s own heart.

AHG’s new podcast, [“Raising Godly Girls,”](#) features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](#). Additionally, 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, Beth Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108.

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