

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

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AHG's 'Raising Godly Girls Guide to Fear and Anxiety' aids parents in a world full of fear

'Girls today live in a reality laden with fear and anxiety, and it's affecting their mental, physical and spiritual health,' says Patti Garibay

CINCINNATI, Ohio — Dealing with complex emotions is a part of growing into adulthood that many girls struggle with. The recently released [popular film "Inside Out 2"](#) depicts the various emotions in the mind of teenage character Riley as she wrestles with new emotions, including anxiety. Anxiety quickly overtakes Riley's mind and causes her to [spiral out of control into a panic attack](#). The film's depiction of anxiety's potential to overtake someone's mind is being [praised for its accuracy](#), with the film displaying the negative results of overactive anxiety.

American Heritage Girls (AHG, www.americanheritagegirls.org), the premier faith-based, scout-type leadership development program for girls ages five to 18, has long espoused the potential pitfalls of an overactive sense of anxiety. AHG's powerful resource, the ["Raising Godly Girls Guide to Fear and Anxiety,"](#) gives parents, educators and pastors the knowledge, tools, and Scripture-based advice to tackle fear and anxiety and, in turn, raise up a godly girl.

"It's all too easy for anxiety to overtake the mindset of any girl, especially during those challenging teenage years," said AHG Founder and Executive Director Patti Garibay. "Girls today live in a reality laden with fear and anxiety, and it's affecting their mental, physical and spiritual health. The key to addressing these emotions is habitual discipleship and spending time in the Word. Daily routines such as prayer time, devotions, and fellowship with like-minded friends and family can grow deep spiritual roots and foster strong faith."

Garibay recently spoke to Christie Thomas, a mom, writer and seasoned children's ministry director, on AHG's new [Raising Godly Girls \(RGG\) podcast](#) to explore the powerful impact of small, consistent habits in nurturing deep faith in children. In this episode, *Garibay* and Thomas emphasize the significance of family warmth in a child's spiritual development and offer encouragement for parents navigating the emotional challenges of child-rearing. Thomas' approach reassures parents that even the smallest steps can make a big difference in their family's faith journey, helping them to guide their girls to God when they struggle with fear and anxiety.

"Fear can be debilitating," said Garibay. "It manifests itself into a variety of unhealthy behaviors. One such behavior, anxiety, is a negative focus on the future. Speculating what might occur under potential circumstances can provide each of us with hundreds of sleepless nights. Today's teens are experiencing the effects of worry and its parent cause, fear, in unprecedented numbers."

“Yes, fear and anxiety are part of the human condition, but as part of the Body of Christ, we are called to faith over fear. We are called to know beyond a shadow of a doubt, that God will never leave us or forsake us. My prayer for every girl in the midst of anxiety and distress is to dismiss fear and shine as a beacon of certainty that we serve a sovereign God who is the creator of the earth, the Prince of Peace, the Alpha and the Omega, and the Lord that provides (Jehovah Jireh).”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and **“Raising Godly Girls”** one-minute [radio feature](#) to equip, affirm, and strengthen parents on the journey toward teaching their girls about intentional discipleship and forming healthy habits, including how to choose faith over fear.

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](#).