

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

For Immediate Release
August 19, 2024

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AHG equips families to overcome patterns of abuse and trauma to ensure a better future for girls

'The sins of the father don't necessarily have to be the sins of the son — or daughter,' says AHG Founder and Executive Director Patti Garibay

CINCINNATI, Ohio — Children don't just inherit their parent's genetic traits like eye color or height, but also their emotional and spiritual traumas. [Generational trauma](#) affects children from a young age, coloring a child's perspective and worldview. While some traumas can be easily identified, others are more subtle yet still powerful enough to seriously impact an individual. [Trauma itself can contribute](#) to poverty, compromised parenting, diminished attachment, chronic stress and unstable living environments, which can directly impact children and their development. Parents who have identified any potential pitfalls may want to address the issues for the sake of their children, but might not know where to start.

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the nation's premier scout-type organizations for girls ages five through 18, has been providing age-appropriate, Christ-centered programming for nearly three decades. When it comes to generational traumas, *AHG Founder and Executive Director Patti Garibay* knows the importance of addressing any negative history that might impact a girl and her future.

"No parent wants to find out their girl has experienced trauma, let alone trauma that stems from their own family," says Garibay. "It's our job to protect her from mental, emotional and physical wounds. Whether a family struggles with the tension of addiction, unfaithfulness, abuse or a history of rejecting God, these issues can directly impact a girl's development, and even her faith journey. It's vital that parents not only identify and address any generational trauma for the wellbeing of their daughters, but also seek the guidance of trusted friends and family."

Garibay recently spoke with Christian counseling legend June Hunt on *AHG's* groundbreaking new podcast, [Raising Godly Girls \(RGG\)](#). Hunt's organization, Hope for the Heart, is a ministry dedicated to providing Biblical counsel and practical help to individuals facing life's challenges. In the episode, *Garibay* and Hunt delve into the complex issues of overcoming generational trauma and sin, offering insights on achieving mental wellness through a biblical worldview. Listeners are able to discover how faith can light the way even in the darkest of times, as well as how resources like those provided by *American Heritage Girls* and Hope for the Heart can help foster resilience and hope.

"The sins of the father don't necessarily have to be the sins of the son — or daughter," comments Garibay. "There are solid, godly resources for families to help overcome the patterns of abuse and trauma. Rather than simply succumbing to generational trauma, we at American Heritage Girls want to empower our girls and their families to put an end to the cycle and surrender their futures to Christ."

AHG's Raising Godly Girls podcast is available anywhere podcasts are available (including Spotify, Amazon Music/Audible, and Apple Podcasts) or can be streamed on raisinggodlygirls.com. Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "*Raising Godly Girls*" one-minute [radio feature](#) to equip, affirm and strengthen those on the journey toward ending generational trauma and ensuring a better future for today's girls.

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 parents. 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.](#)