

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

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NOVEMBER 28 IS THANKSGIVING

***AHG* fosters grateful hearts in girls caught up in the hustle and bustle of the season**

‘Families can practice daily gratitude in simple, profound ways that cut through the seasonal hustle and focus on what really matters’

CINCINNATI, Ohio — As American families across the nation prepare to gather with friends and loved ones to celebrate Thanksgiving, *American Heritage Girls* (*AHG*, www.americanheritagegirls.org), one of the nation’s premier Christ-centered scout-type organizations for girls ages five to 18, is encouraging girls and their families to practice gratitude not only on Thanksgiving Day, but throughout the holiday season and beyond.

“As we ready our hearts for this holiday season, there is so much to be thankful for,” said AHG Founder and Executive Director Patti Garibay. “Beyond being a time for gathering and good food, Thanksgiving provides an opportunity to focus on gratitude. As the Advent season dawns, gratitude often finds itself overshadowed by the rush of holiday checklists and gift shopping. In today’s ‘always wanting more’ society, it’s vital that parents foster a sense of thankfulness in their girls!”

In the upcoming [Raising Godly Girls \(RGG\)](#) podcast, *Garibay* sits down with Clayton Greene, CEO and co-founder of GoodKind, to discuss how to reclaim a heart of gratitude that carries through all of Advent. In this conversation, Greene and *Garibay* delve into the Biblical roots of gratitude, exploring how the Advent season offers a perfect opportunity to reflect on God’s unwavering love. Greene shares how practicing gratitude not only builds family bonds but also brings kids and parents alike closer to a true appreciation of Christ’s sacrifice and love. He offers insights on weaving gratitude into daily routines, from mealtime reflections to meaningful conversations, ensuring that the season’s heart doesn’t get lost in the decorations.

GoodKind’s tools for celebrating Advent are now available for *AHG* girls and their families, including the [Gratikube](#), a 12-sided die designed to help girls practice gratitude all year long, and [Advent blocks](#), a tangible, meaningful practice to help kids — and parents — anticipate Jesus, not just presents.

“In a society that always wants more, more, more, it’s important that girls find gratitude in what they already have,” commented Garibay. “Families can practice daily gratitude in simple, profound ways that cut through the seasonal hustle and focus on what really matters.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “*Raising Godly Girls*” one-minute [radio feature](#) to learn how parents and loved ones can foster gratitude in their girls, not just around the holiday season, but in everyday life.

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](#).