

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

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CONTACT:

Hamilton Strategies, Media@HamiltonStrategies.com, Beth Bogucki, 610.584.1096 ext. 105, Dawn Foglein, ext. 100, or Jeff Tolson, ext. 108

Christ-centered parenting provides invaluable support and direction for parents and children alike, says *AHG Founder Patti Garibay*

‘Embracing a God-centered approach can transform the chaos of everyday life into a flourishing environment where both parents and children can thrive’

CINCINNATI, Ohio — While most parents agree that raising children is their highest calling, it does not discount the natural daily struggles. [According to experts](#), the vast majority of parents say being a parent is enjoyable and rewarding all or most of the time, but many also find it tiring, overwhelming and stressful. Even though parenting can be fraught with challenges, it is vital that Christian parents remain dedicated to biblical childrearing to raise the next generation of biblical warriors.

American Heritage Girls (*AHG*, www.americanheritagegirls.org) has been coming alongside parents to equip and inspire biblical parenting for over three decades. One of the nation’s premier Christ-centered scout-type organizations for girls ages five to 18, *AHG* helps raise godly girls of character through intentional and well-designed programming, providing girls with outdoor adventure, Christian camaraderie and the opportunity to develop valuable lifelong skills.

“Parenting is one of life’s greatest callings, but it’s no secret that it can feel overwhelming at times,” said AHG Founder and Executive Director Patti Garibay. “When the demands of life build up, it’s easy for chaos to creep into our homes. The enemy uses chaos and confusion as a way to gain a foothold in the family unit. That’s why AHG works to equip parents with the tools necessary to help form a strong Christian foundation for girls set to enter a dangerous and immoral society. We seek to provide the right tools that will encourage spiritual growth not only in the girl, but also in the family unit as a whole.”

Garibay recently discussed how parents can embody biblical parenting on the latest episode of *AHG’s* podcast, [Raising Godly Girls \(RGG\)](#), with Dr. David and Amanda Erickson, founders of Flourishing Homes & Families. Together, they explore how parents can trade frustration and overwhelm for peace, gentleness and joy in their homes by adopting a Christ-centered approach. Dr. David Erickson brings his deep theological expertise, paired with Amanda’s passion for child development and her own journey through postpartum anxiety and anger, to offer practical advice grounded in Scripture. The Ericksons share their innovative insights into gentle, Jesus-focused parenting, weaving together wisdom from neuroscience and theology to meet the unique needs of each child.

“Every parent has been weighed down by the demands of raising children, but a supportive, Christian community can make all the difference,” said Garibay. “Embracing a God-centered approach can transform the chaos of everyday life into a flourishing environment where both parents and children can thrive.”

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 and loved ones to ditch chaos and embrace peaceful parenting.

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 six 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, Dawn Foglein, ext. 100, 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.](#)