

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

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Christ-honoring camps and outdoor adventures are essential for raising resilient, Godly girls says AHG founder

‘For Christian parents seeking to intentionally disciple their girls and give them time out in the great outdoors, the opportunities that summer camp gives a girl to deepen her resilience, her faith and her confidence are not to be missed’

CINCINNATI, Ohio — Every summer, [millions of families](#) send their children to summer camps across the country. [Experts agree](#) that summer camp teaches resiliency and teamwork, and allows opportunities for children to build friendships and enjoy nature. For Christian parents, finding a summer camp that aligns with their religious beliefs is crucial. While most summer camps lack a Biblically based approach that would protect girls from worldly influences, *American Heritage Girls* (AHG, www.americanheritagegirls.org), the nation’s premier Christ-centered scout-type organization for girls ages five to 18, offers girl-focused, Biblically sound outdoor adventures to allow girls to experience God’s wondrous creation alongside other young women.

“When girls immerse themselves in nature, His creation, the reality of His almighty power and call for each human heart — male or female — becomes clear,” said AHG Founder and Executive Director Patti Garibay. *“Involving girls wholly in nature and testing their skills with a variety of outdoor adventures that challenge and help them grow in confidence is important to building strong, competent young women. With the aid of such programming, God gifts girls with self-awareness and leadership qualities, allowing them to blossom in a healthy and encouraging environment.”*

“Since the founding of AHG, camping has been a staple of the program and a revered tradition. Summer camp is more than just a fun experience — it provides girls with invaluable lessons that shape character, build resilience, and foster personal growth. Developing healthy habits through physical activity, honing an ability to get along with others, learning the importance of teamwork and collaboration, developing thinking and problem-solving skills, learning self-reliance and developing a good self-concept are all fruits of a camp experience. And, in the case of AHG, adding the Christ-centered mentorship of our leaders and program enhances the spiritual development of each girl.”

On AHG’s [Raising Godly Girls Podcast \(RGG\)](#), Garibay recently spoke with Amy Lowe, Director of WinShape Camps for Girls, to explore how the camp experience uniquely shapes young girls into confident, Christ-like women. On this insightful episode, Lowe shares compelling stories and practical insights about how outdoor adventures and meaningful friendships help girls navigate challenges, overcome fears and develop a

lasting identity rooted in Christ. *Garibay* and Lowe also discuss the surprising health benefits of time in God's creation, highlighting how fresh air and outdoor play can reduce stress and restore joy.

“For Christian parents seeking to intentionally disciple their girls and give them time out in the great outdoors, the opportunities that summer camp gives a girl to deepen her resilience, her faith and her confidence are not to be missed,” said Garibay.

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and ***“Raising Godly Girls”*** one-minute [radio feature](#) to learn how the camp experience can shape resilient, Christ-like girls.

Marking the organization's 30th anniversary this year, *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.](#)