

**\*\*\*NEWS RELEASE\*\*\***

For Immediate Release  
March 17, 2025

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## ***AHG empowers girls with valuable life skills to unlock brighter futures***

*‘AHG leaders are equipped to come alongside families and nurture a girl’s God-given talents while instilling basic life skills that will benefit her future’*

**CINCINNATI, Ohio** — It’s the job of parents to prepare their children for adulthood, including instilling basic life skills such as money management, navigating the internet and social media, and home care. A recent survey revealed that [81%](#) of college graduates wish they had been taught more life skills before graduating as these life lessons have the most impact on their lives. In addition to promoting self-sufficiency, [practical life skills](#) can also give children an advantage in handling real-world tasks and challenges.

For [Christian parents](#) looking for direction regarding instilling meaningful life lessons, *American Heritage Girls (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org))*, the nation’s premier Christ-centered scout-type organization for girls ages five to 18, provides support and guidance carefully cultivated to inspire young girls to grow into strong, faithful and capable women of God. Having helped parents raise godly girls for over three decades, *AHG* is dedicated to building women of integrity through service to God, family, community and country.

*“God created each girl with gifts, abilities and logic, which can grow and develop but require intentional education,” said AHG Founder and Executive Director Patti Garibay. “It is a parent’s job to nurture these gifts, but it can be intimidating to undertake such an important task alone. AHG leaders are equipped to come alongside families and nurture a girl’s God-given talents while instilling basic life skills that will benefit her future.”*

*Garibay* recently spoke with Dr. Josh Mulvihill, Executive Director of Church and Family Ministry at RenewaNation and author of “50 Things Every Child Needs to Know Before Leaving Home,” on the latest episode of *AHG’s [Raising Godly Girls podcast \(RGG\)](#)*. Dr. Mulvihill shares his heart for family discipleship and offers practical wisdom on raising girls with both biblical faith and essential life skills. From developing emotional resilience to instilling a servant-hearted attitude, he unpacks key steps for parents who want to intentionally guide their daughters toward a Christ-centered adulthood. *Garibay* and Dr. Mulvihill also discuss the importance of creating a family mission statement and the role of perseverance, hard work and godly relationships in a girl’s journey to maturity.

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 to raising their girls to become godly adults.

Marking the organization’s 30<sup>th</sup> 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** 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](mailto: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](#).