

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

For Immediate Release
March 24, 2025

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AHG unveils invaluable ‘A Raising Godly Girls Guide to Loneliness’ to address rising loneliness crisis among girls

‘American Heritage Girls provides a space where girls can grow spiritually, build meaningful relationships and learn how to love and serve others well,’ says AHG Founder

CINCINNATI, Ohio — American children are facing loneliness in untold quantities. [A recent study from Harvard University](#) found that 61% of young adults experience “serious loneliness” on a regular basis, and even former Surgeon General Dr. Vivek Murthy [released a national warning](#) against an ongoing loneliness epidemic. Extreme isolation in children can have [serious long-term consequences](#), including depression, anxiety and difficulties forming relationships later in life.

It can be daunting for parents of children wrestling with isolation. That’s why *American Heritage Girls (AHG, www.americanheritagegirls.org)*, the nation’s premier Christ-centered scout-type organization for girls ages five to 18, proudly offers “[A Raising Godly Girls Guide to Loneliness](#),” an invaluable guide for parents and guardians wondering how to best address their girls’ struggle with loneliness.

“Despite being more connected through technology than ever before, countless Americans are wrestling with a deep sense of isolation,” said AHG Founder and Executive Director Patti Garibay. Garibay and AHG have been coming alongside girls and their families to provide meaningful, Christian support and encouragement for over three decades.

“For our girls, this loneliness can be particularly painful. As they navigate friendships and social dynamics, the messages they hear from culture only make things harder. When the enemy whispers in her ear that she is alone and unloved, the world often affirms it rather than pointing her toward the healing power of truth. But loneliness is not God’s plan for His people. From the very beginning, He declared that it is not good for us to be alone (Genesis 2:18). He designed us for community, where we can experience love, joy, accountability and service. He calls us to relationships that reflect His grace — marked not by abandonment, but by restoration,” Garibay commented.

Garibay recently spoke with author and faith leader Elisa Morgan to explore the reality of loneliness and how God’s presence offers true companionship on *AHG’s [Raising Godly Girls Podcast \(RGG\)](#)*. Together, *Garibay* and Morgan dive into the impact of isolation on girls and mothers alike, uncovering the difference between loneliness and solitude, the role of the church in fostering community, and how Scripture can be an anchor in

our most isolating moments. Listeners will also hear practical ways to help their daughter build Christ-centered friendships and discover her worth in God's eyes.

“As parents, we have a vital role in modeling and cultivating this God-designed vision of connection. One of the most powerful ways parents can do this is by helping their daughter find life-giving, Christ-centered friendships. American Heritage Girls provides a space where girls can grow spiritually, build meaningful relationships and learn how to love and serve others well,” concluded Garibay.

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and *“Raising Godly Girls”* one-minute [radio feature](#) to learn how to address loneliness and isolation in girls through Biblical truths.

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.](#)