

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

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## ***AHG* fosters faith and friendship for girls through Christ-centered programming to address a growing loneliness epidemic**

*'In a world where countless people feel unseen and unloved, God calls His people to foster intentional community,' says AHG's Rachael Culpepper*

**CINCINNATI, Ohio** — Childhood friendships are among the most formative and influential relationships in a young girl's life, helping shape her sense of belonging, confidence and character. [Experts agree](#) that having strong female friendships helps give girls an edge in many areas, from health to academic success, more so than their male counterparts. Yet today, many young girls are facing a troubling rise in loneliness, with [one in five reporting](#) feeling isolated on a daily basis.

This national loneliness crisis reveals a profound need for meaningful connection. *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, is proud to offer a faith-based, girl-centered space for girls looking for a community of fellow believers. For more than 30 years, *AHG* has equipped girls and their families with carefully curated tools and Christ-focused programming designed to foster faith and biblical knowledge, as well as provide a safe space for friendship and camaraderie.

*"The Bible likens true friendship to Godly love," said AHG Executive Director Rachael Culpepper. "In a world where countless people feel unseen and unloved, God calls His people to foster intentional community. AHG offers a Christ-centered ministry that combats isolation by being a space for girls (and adult members) to cultivate authentic, caring relationships. In fact, according to [research conducted by Masterworks Agency](#), AHG Members identified a 'sense of belonging' as the primary emotion they experience with the organization. Through AHG, girls are nurtured in faith, friendship, and service in a safe and spirit-filled space where they can flourish."*

On a recent episode of the [Raising Godly Girls \(RGG\) podcast](#), *AHG* Founder and Executive Director Emeritus Patti Garibay is joined by bestselling author and speaker Dr. Heather Thompson Day for an honest and hope-filled conversation about helping girls navigate the highs and lows of friendship. Together, Garibay and Day explore how parents can respond with empathy when their daughter feels left out, how to help girls develop discernment in choosing friends, and how to guide them through conflict with both grace and truth. For girls navigating loneliness, shifting friendships or the deep desire to be known, this conversation will equip parents with a biblical perspective, practical wisdom and renewed hope.

On Wednesday, Feb. 11, from 5:30 to 6:30 p.m. MT, Garibay will be discussing the loneliness epidemic on a [livestream with Summit Ministries](#). She will be sharing practical strategies and hope-filled insights for parents seeking real solutions to help their children thrive socially, emotionally and spiritually, as they champion a biblical worldview. To learn more, click [here](#).

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 help their girls navigate friendship and loneliness through cultivating authentic, caring relationships.

**About American Heritage Girls:** 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 a faith-based, scout-type character development program for their daughters. At *AHG*, girls ages five to 18 meet together as a unified group and then break out into Levels. This gives *AHG* girls the important social experience of interacting with friends and Godly mentors. Girl Members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. If one does not exist in a given area, families are encouraged to start an *AHG* Troop. An *American Heritage Girls* Troop Development Coach is available to provide resources and support. To hear more about the purpose, mission and vision of *AHG* from *Founder and Executive Director Emeritus Patti Garibay*, [click here](#).

Today, there are 70,000 members and 1,300 [Troops](#) in all 50 states, with 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. [Charter Organizations](#) include a variety of Christian denominations, Christian schools and Catholic outreach. 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](#) featuring fresh episodes every Tuesday, Thursday and Saturday, "[Raising Godly Girls Minute](#)" with *Patti Garibay* one-minute radio feature airing on 1000+ Christian radio stations nationwide, a blog, and e-books 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.

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To schedule interviews with *Patti Garibay*, executive director emeritus of *American Heritage Girls*, or *Rachael Culpepper*, executive director of *American Heritage Girls*, contact Hamilton Strategies, [Media@HamiltonStrategies.com](mailto: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.