

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

For Immediate Release
March 23, 2026

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AHG fuels confidence and connection for girls with differing abilities

‘By learning a little about each other, we can better love one another as God calls us to love,’ says AHG’s Rachael Culpepper

CINCINNATI, Ohio — Getting outside is vital for positive childhood development, [according to most experts](#), promoting lower levels of stress, enhanced creativity and problem-solving skills. But for families with children who are differently-abled, this poses a serious problem. Of the 62 million children in the United States who are under age 15, [almost 10% have a disability](#). How can these families get out into the community and reap the benefits of outdoor adventure?

American Heritage Girls (AHG, www.americanheritagegirls.org), the nation’s premier Christ-centered, scout-type organization for girls ages five to 18, is helping families learn how they can cultivate outdoor fun, connection and belonging for girls with differing abilities. *AHG’s* unique programming equips girls to extend Christ-like love to those who experience the world differently, answering the Gospel’s call for believers to build communities where every girl is welcomed, valued and celebrated.

“It’s natural for girls to gravitate towards the popular crowd in hopes of ‘fitting in,’ but there is so much value in serving those who are different,” said AHG Executive Director Rachael Culpepper. “Matthew 25 tells us to seek out those who are marginalized — the differently-abled girl, the child who doesn’t get breakfast on a regular basis, the naturally shy friend. As our girls care for these precious image-bearers, she, in turn, cares for the heart of God.”

A recent *AHG [Stars & Stripes Award](#)* recipient established an annual Walk ‘N’ Roll event for [Joni and Friends Sacramento](#), an organization that envisions a world where every person with a disability finds hope, dignity, and their place in the body of Christ. The event works to partner differently-abled girls and their families with *AHG* Troops in a fun, outdoor space that celebrates exactly how God made each and every girl.

“God made us each unique, and we all have different abilities. Jesus reached out to those in need, including those with physical, mental, cognitive, social and emotional disabilities. Jesus showed God’s mercy, kindness, love and hope to individuals with special needs. Too often, girls with special needs are defined by limitations instead of possibilities. But Scripture reminds us that we serve the God of the possible — the One who provides strength, purpose and opportunity far beyond what we can imagine. By learning a little about each other, we can better love one another as God calls us to love,” said Culpepper.

On an upcoming episode of *AHG’s [Raising Godly Girls \(RGG\) podcast](#)*, *AHG* Founder and Executive Director Emeritus Patti Garibay has a special conversation about differently-abled girls and their families with Kevin Schweiger, founder of Luke 5 Adventures, a ministry dedicated to making the outdoors accessible for

individuals with physical challenges through innovative adaptive equipment and servant-hearted teamwork. Garibay and Schweiger explore how parents and mentors can nurture courage and curiosity in girls — even when circumstances feel uncertain or difficult. Their conversation is a hopeful reminder that when people approach girls with curiosity, compassion, and faith, they create opportunities for them to 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 cultivate fun, connection and belonging for girls with differing abilities.

About American Heritage Girls: Marking the organization's 30th 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, 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.