

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

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AHG empowers overwhelmed moms to cling to Christ during hectic end-of-year pandemonium

'Busy moms can find peace, comfort and a joy-filled rhythm by clinging to Christ during these chaotic times,' says AHG's Rachael Culpepper

CINCINNATI, Ohio — The end of the school year, commonly referred to as "[Maycember](#)," often comes with big due dates, school events and celebrations, making this time one of the most hectic periods for families with children. As the lynchpin of the family unit, moms tend to get the burden of ensuring this season runs smoothly, but the added pressure can become overwhelming and draining. [Studies show](#) that moms have historically carried more than their fair share of the mental load required to manage the household and raise children.

For Christian mothers trying to "balance it all," *American Heritage Girls (AHG)*, www.americanheritagegirls.org, the nation's premier Christ-centered, scout-type organization for girls ages five to 18, helps guide moms through "Maycember," encouraging them to approach this busy season with intentionality, grace and a Kingdom-focused mindset.

"It can be exhausting and isolating to juggle so many important end-of-year activities for your kids," said AHG Executive Director Rachael Culpepper. "We know there is a lot on your plate. We know there's a lot on your girl's plate. But here's the thing: American Heritage Girls isn't just another meeting on your calendar. AHG is a solution to the pressure and doubt in the hearts and minds of girls. It's an answer to the struggle parents have in raising their daughters. Why? Because everything about AHG is rooted in Jesus. AHG isn't simply about girl power; AHG is about girl power because of God's power."

AHG offers numerous resources, not just for girl members, but for overworked [parents](#) as well. On a recent episode of *AHG's Raising Godly Girls (RGG) podcast*, *Culpepper* and co-host Natalie Ambrose discuss the whirlwind of end-of-year activities and how to best navigate the pressures and pitfalls for most moms. *Culpepper* and Ambrose share honest reflections from their own family experiences, offering both encouragement and practical wisdom for navigating a full calendar without losing sight of what matters most. From embracing the role as the "paper plate mom" when needed to resisting the pressure of perfection, this conversation is a breath of fresh air for any parent feeling stretched thin.

"With cultural pressures mounting and expectations soaring, today's mothers are navigating exhaustion, isolation and the constant feeling of falling short. But what if there was a better way? Busy moms can find peace, comfort and a joy-filled rhythm by clinging to Christ during these chaotic times," concluded Culpepper.

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "*Raising Godly Girls*" one-minute [radio feature](#) to equip, affirm and strengthen mothers through the busy season of "Maycember," encouraging them to

approach this time with intentionality, grace and a Kingdom-focused mindset. And next week on the *Raising Godly Girls* podcast, join *AHG* for a week of conversations on the topic of outdoor adventure, with a special guest episode featuring Hudson Wild.

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.