



**FOR MORE INFORMATION**

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**FOR IMMEDIATE RELEASE**

## **Holmdel, NJ welcomes American Heritage Girls**

*Families with daughters invited to Meeting Thursday, March 25, 4:30 pm*

**Holmdel, NJ** – Families from the tri-state area have discovered a faith-based character development program for girls ages 5 to 18, dedicated to the mission of building women of integrity through service to God, family, community and country called American Heritage Girls.

St. Benedict School and Church will be hosting an informational meeting and registration to learn more about AHG on Thursday, March 25, 4:30 -5:30 pm in the Father Anderson Library or online by google meet. Please RSVP to receive meet invite link and help our organizers maintain proper social distancing and meeting guidelines to [StBenedictAHG@gmail.com](mailto:StBenedictAHG@gmail.com). The organizers of the meeting say AHG is for families with daughters who are seeking a scout-type experience.

Founded in 1995 in Cincinnati, Ohio, AHG has grown 30-50 percent each year since its inception in 1995 and now has more than 40,000 members.

With programming that puts an emphasis on faith, service, and fun, girls choose from more than 240 badges, participate in service projects, and are challenged by leadership opportunities and outdoor experiences. Troops are led by adult volunteers who facilitate the AHG program while encouraging girl leadership. Faith-based organizations like churches, schools and civic organizations charter AHG to achieve their ministry goals for youth.

“Now more than ever, families are seeking faith-based activities for their daughters to complement their values and instill leadership and servant hearts through service to their community,” says AHG Executive Director and Founder Patti Garibay.

AHG has received an endorsement from Dr. James Dobson, child psychologist and author. In his book, *Bringing Up Girls*, Dobson, founder of Focus on the Family, said, “I recommend American Heritage Girls enthusiastically to parents who want their daughters involved in a traditional Christian-based program that will reinforce what they are trying to teach at home.”

St. Benedict Catholic Church and School not only serves as the spiritual home to over 2,000 parishioners, but also as an institution of learning for our 405 students who currently attend St. Benedict School. Students from pre-kindergarten through eighth grade are provided with a strong faith foundation and develop as individuals of character—spiritually, academically, emotionally, and socially.

As we reflect on our parish’s blessed past, we remember the previous generations of parishioners whose generosity and dedication toward their faith have inspired our legacy of faith, love, and gratitude. We must continue to strengthen our Church so that future generations may continue to benefit, as we have, from previous efforts of support. We strongly believe in following Christ’s invitation to love one another, to be a community of faith, and to share our gifts in a spirit of stewardship and gratitude through the formation of ministries such as American Heritage Girls.

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American Heritage Girls (AHG) is a faith-based character development program for all girls 5 to 18 years of age. AHG is dedicated to the mission of building women of integrity through service to God, family, community and country. Founded in 1995 in Cincinnati, Ohio, AHG has grown from ten Troops and 100 members to over 49,000 members across 15 countries and in all 50 states. Girl Members participate in badge programs, service projects, leadership opportunities and outdoor experiences, all with an emphasis on Christian values and family involvement.

Visit the AHG website at [americanheritagegirls.org](http://americanheritagegirls.org) to learn more. Visit AHG’s [YouTube Channel](#) to view “Faith, Service, Fun,” a 30-second video about AHG.

To request an interview with Patti Garibay, AHG Executive Director and Founder, contact Media Relations Specialist Megan Rose at [news@ahgonline.org](mailto:news@ahgonline.org)