Become a better partner, a better parent

Through our HEART program, adults and parents gain practical skills to strengthen their marriages, improve co-parenting, build parenting confidence, and enhance overall family well-being. Our community-based, grant-funded programs are available both online and in person across Kansas, Nebraska, Oklahoma, Arkansas, and Texas.

Whether you are seeking to strengthen your relationship, prepare for marriage, navigate co-parenting, or grow as a father, our workshops offer the guidance, support, and tools needed to create lasting, positive change.

To participate, complete the referral form on our website: saintfrancisministries.org/project-heart

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About Us

A voice for the vulnerable since 1945, the mission of Saint Francis Ministries is to provide healing and hope to children and families. We honor human dignity and potential through our programs and services to thousands of youth and families in Arkansas, Kansas, Mississippi, Nebraska, Oklahoma, and Texas.

Saint Francis MINISTRIES

fatherhood@st-francis.org
For more information, call:
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501 N. Monroe St., Hutchinson, KS 67501

REV/11-26

Project HEART

(Helping Every Area of Relationships Thrive)



Saint Francis MINISTRIES

Healthy marriages, healthy families

Project HEART is a transformative, community-based, grant-funded initiative designed to strengthen families by promoting healthy marriages, relationships, and parenting skills, while also supporting economic stability for adults ages 18 and older – both individuals and couples.

The program offers weekly two-hour training classes in a workshop format, available both in person and virtually. Workshops cover marriage and relationship education and skill-building, premarital education, marriage enhancement, divorce reduction, and marriage mentoring, while also addressing disincentives to marriage and strengthening participants' parenting skills.



Our Courses

Core programs: Must be completed

ELEVATE: For couples

(Four 2-hour workshop sessions)

Designed to deepen understanding of human interaction, this course combines practical skills that help couples build and sustain healthy relationships.

TOGETHER WE CAN: For individuals

(Four 2-hour workshop sessions)

This program supports parents as they work together to raise their children by building on personal and family strengths, strengthening coping and stress-management skills, nurturing healthy co-parenting relationships, managing conflict, and preparing for healthy future relationships.

Supplemental parenting workshops:

THE PARENT PROJECT: For parents with strong-willed or out-of-control children

(Ten 2-hour workshop sessions)

Designed for parents of strong-willed or high risk children ages 6 to 18, this program equips families with effective strategies to manage challenging behaviors and foster healthier relationships.

ACTIVE PARENTING: For couples and individuals

(Four 2-hour workshop sessions)

This program helps parents of children ages 0 to 5 develop essential skills to build strong bonds, prevent challenges, and nurture positive behaviors.

CONNECTIONS TO SUCCESS

Participants receive three individual, one-on-one meetings with an assigned case manager. Services focus on economic stability and employment support, based on intake information and program assessments.