

C E L E B R A T I N G

50 Years OF MINISTRY

JAN & MARK GREGSTON
THANKS FOR CARING
MASON YOUNG LIFE
1975-76

PLUS

**BOB GOFF COMES
TO HEARTLIGHT**

**STEVEN CURTIS CHAPMAN
JOINS OUR FIRST
ADOPTION SEMINAR**

PARENTING TODAY'S TEENS NEWSLETTER _____ 2025



Time flies, doesn't it? It's hard to believe that Jan and I have been at "this thing" of working with teens and their parents for 50 years. I vividly remember when a young lady asked us to lead a Young Life group in Tulsa, Oklahoma. Little did we know that this choice to say "Yes!" would lead us on a path of 50 years, wondering how we've made it this far — and not lost our minds in the process.

What began as a volunteer position working with teens as a hobby turned into a lifelong passion and fulfillment to help families as they move through the adolescent years. We were in our 20s during the '70s, and are now in our 70s in the '20s... quite a change! But there are a lot of things that haven't changed, like people in need of help during the teen years, which are oftentimes a struggle. Adolescence has always been challenging and will always be in the days ahead. It's a time of transition, and learning some new tools to put in a parenting toolbox helps families maintain their scriptural beliefs and relationships with one another.

This lifetime of helping parents hasn't happened because of us. It's happened because of all the people who have supported our work and ministry to families. We've worked hard to be worthy of your support, making sure that we're effective, efficient and dedicated to bringing a spirit of excellence to everything we do. And because of you, WE'VE accomplished much.

In the days ahead, we'll carry on making changes, expanding opportunities and producing scripturally sound, practical resources for families. I promise we'll continue to bring help and hope to parents and teens in a broken world. So, celebrate with us as we recognize ALL that we've accomplished together.



Mark

50 Years

OF CHANGED LIVES



3,400

Students have participated in the Heartlight program



800

Parenting Seminars that have been put on in the last 20 years.

7 million

Air miles flown to resource parents and churches.

It's easy to see statistics and just see numbers on a page. For 50 years, Heartlight and Parenting Today's Teens have been bringing help and hope to teens and their parents.

Every one of these numbers, from the number of radio programs aired to the number of students who have stayed with us represents a name, a family and a story. Every one of these numbers represents another teenager or parent who are working hard to navigate the teenage years. These are more than just numbers on a page — they are all stories that matter to God.



I was in that first Young Life group that Mark and Jan led, and have been so proud to see all that has been accomplished through the years...this doesn't surprise me.

75+

Horses have helped students at Heartlight



1,964

Radio stations that carry Parenting Today's Teens

26

Parenting books have been published



**Every.
Single.
One.**

Return letters that Mark has personally signed.



BOB GOFF

AT HEARTLIGHT

Last fall, Bob Goff spent a special evening at Heartlight, as a part of our seminar series and special events presented each year. The night included a Silver Oak reception at the Vision Center at Heartlight, a special meal in the Conference center, and then Bob took the stage. The next hour of hearing him speak was mesmerizing. His ability to weave stories of his life into practical insights gained, and lessons for all to learn, is memorable at best. He has an amazing way of making all feel comfortable, engaged, and consumed by his calm and gentle spirit.

Bob spent decades as an attorney, trying to figure out how to live a whimsical, impactful life. These days, he's a self-proclaimed recovering lawyer, Honorary Consul to Uganda, speaker, writer, and chief balloon-inflator. Wrap all those positions into one category, and you have Bob Goff.

Heartlight fell in love with Bob, and Bob fell in love with Heartlight and all our outreach ministry opportunities developed through the years. He spoke to some of the Heartlight girls who were sitting on the balcony with their shoes sticking out from the bannister. He took time to encourage and reassure these girls of their efforts to be strong and courageous, and to overcome their challenges. What a "sweet time" it was having Bob on campus. He connects...because love does.



This, by far, was one of the greatest events that Heartlight has ever hosted...special thanks to all the sponsors and staff for making this life changing event happen.



STEVEN CURTIS CHAPMAN

PARTICIPATES IN OUR ADOPTION SEMINAR



"It's evident of Steven's love for Heartlight, his family, those of us in attendance and for those in the world around him. What a 'breath of fresh air' this night was... thank you!"

At the end of January, a long-time friend of Heartlight's, Steven Curtis Chapman, came to share an evening of music and stories. He encouraged all the sponsors and attendees at our Adoption Seminar held over that weekend.

Steven Curtis has been a huge voice in Christian music, and also is one of the most recent inductees to the Grand Ole Opry during their 100-year anniversary. He holds the mantle high with a staggering 50 No. 1 singles in his catalog. He is also the recipient of five Grammy Awards and 59 Dove Awards.

His love for family and his heart for the world of adoption speak loudly through his songs and stories. All attendees were encouraged in their faith, their families, and being to others who God has called us to be.

This was a very special night for Heartlight and for all those in attendance.

Next Adoption Seminar at Heartlight will be January 2026

“

My daughter would not be alive had it not been for Heartlight. And I don't think that our family would have survived some of the most difficult times in our lives had it not been for the beautiful way that all the staff poured their heart into my daughter. We are forever thankful.

”



HEARTLIGHT

OUR FLAGSHIP _____





“Heartlight created an opportunity for my son and all of our family to change our ways, learn some new ways of engaging with one another, and how to love in a way that has restored what we thought was once lost.”



For 36 years, Heartlight has been offering help and hope to parents caught in crisis situations where a temporary stay away from home to get help in resolving personal and family issues. There have now been over 3,400 kids that have passed through the doors of Heartlight, and over 500 staff that have sacrificed a year of their life to pour themselves into the lives of struggling teens.

As the country's premier residential counseling center for struggling teens, Heartlight offers a program second to none, an unparalleled facility on its 150-acre campus and a staff that is dedicated to the mission of offering help and hope to parents and teens in a broken world.

Heartlight is a relational ministry, in hopes of extending a hand of grace, motivated by love to reach the heart of teens and families, allowing restoration and resolve to challenges of the adolescent years.

Through having parents attend periodic retreats, along with intense counseling and group therapy sessions for the teens, the Heartlight counseling staff aims to resolve the heart issues driving teens' behavior. We hope to solve the presenting problems, not just treat the symptoms.

If pictures do indeed 'say it all,' one would have to write a few books from these photos alone.



THE NEW KIDNEY

ON THE BLOCK

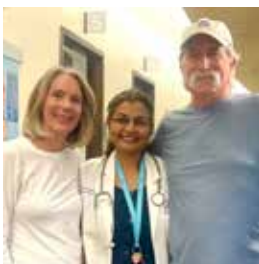


It was no surprise when my doctor told me that I needed to get on a transplant list to receive a new kidney. I knew it was coming. My mom had a transplant and the kidney disease (PKD) that I inherited from her, so there was no disbelief at the doctor's determination.

The process began of getting into a transplant program. My son decided to give up half his kidney collection and share one with me. Baylor Scott & White of Dallas admitted me to their program and the plan was to remove my two kidneys (20 pounds apiece! Yikes!), and then harvest Adam's and give it to me.

It was quite an ordeal with some complications from two major surgeries in two days, but once those hurdles were cleared, it's been a smooth, and sometimes a little bumpy, road to recovery while doing all we can to eliminate the "R" word of the world of transplants: "Rejection".

The transplant has truly limited my ability to travel which will begin back up in the summer. But, it has given me plenty of time to write, record, strategize and back off a bit from the crazy schedule of being gone 200 nights a year, accumulating almost 7,000,000 miles on American Airlines.



Never have I ever been so miserable while being overwhelmingly grateful at the same time. My 8-month ordeal has been nothing to what others have had to endure, which keeps it all in perspective. I can't express the word 'grateful' enough...

Mark



ADOPTION SEMINAR

WITH KIRK &
CHELSEA CAMERON

Most don't know that one-third of the kids we have at Heartlight have been adopted from about any place that has allowed international and domestic adoption. That means that over 1,350 adopted kids have lived at Heartlight, and it also means that we've learned quite a bit as to how to help those teens, while helping their parents in the challenges they have faced.

Chelsea Cameron (Kirk Cameron's wife) came to speak to all the adoption seminar participants, and we were given a "bonus-round" when Kirk, aka — the Dog Babysitter — came with Chelsea to be a "service human" to their dog. So, Kirk joined in. Together, with the Heartlight staff, and Kirk and Chelsea, the weekend event was a tremendous three-day effort. It was an opportunity to share

with families who have been struggling with their adopted teen some of the wisdom we've gathered through the years.

*Next Adoption Seminar at
Heartlight will be January 2026*

"My wife and I have never experienced a weekend like this that gave us some new tools and understanding of how to love our three adopted children in a way that is biblically sound, practical in application, and full of wisdom from people who've been there, understand, and so willing to share their insights."

SOUTH STAFF HOUSE

A PLACE OF REST



This project has been the longest in the history of Heartlight. We knew that the residential staff needed a place to rest, regain their sanity and build a loving community of support for one another. What started as a small project (so we thought), turned into a major series of projects — replacing the whole roof structure, building porches, and an eventual teardown of the interior of the house and a complete makeover, which includes tearing down all the floor substructure.

We should have torn it down and just started afresh, just like most remodels.

Well, the staff get to move in this summer (Finally!), and will have a place to take a break from the hard-work and challenging days of living with eight struggling teens. They deserve a break, and now, they're going to have one.

Here are a few pictures of the new staff house (sans furniture) which is coming in June.





UPCOMING SPECIAL RETREATS

For the Fall of 2025 and Spring of 2026, Heartlight will host a few conferences, offering special weekends for parents seeking help, advice, a little bit of wisdom and an opportunity to develop some new parenting skills.

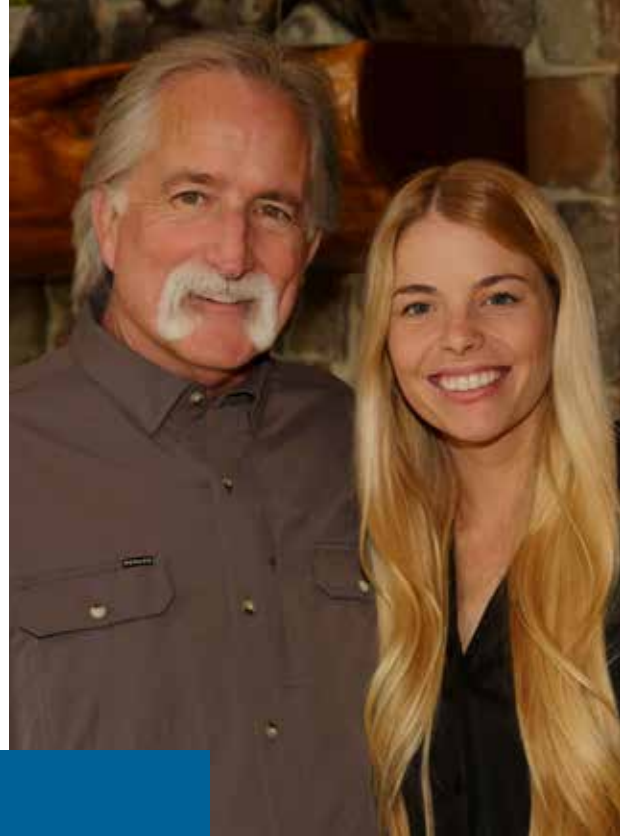
Over the years, we've found that not everyone needs to place a child at Heartlight just because they're struggling at home. That, coupled with the hundreds of calls we get every year, was a determining part of the development of retreats to meet the need of those that call. Many calls have come from parents with pre-teens, and many more from parents of post teens; those that are struggling to launch, need some "adulthood" lessons and just haven't been prepared for the world that they've been thrust into.

We offer parents a lot of different options before considering placing their teen at Heartlight.

- Radio Programs
- Parenting Books and Videos
- Podcasts Delivered five days a week
- Articles covering hundreds of topics
- Crisis Coaching with our Heartlight Counselors
- Families in Crisis Conferences (four times a year @ Heartlight)
- Parenting Seminars around the Country
- Specialty Seminars (Adulthood, Adoption, Preparing for Adolescence)

Then, if none of these resources are effective, the suggestion of the Heartlight Residential Program would become a part of the conversation.

These Specialty Seminars bring people to the Heartlight Campus where we target specific topics and issues with the help of Heartlight staff, guest speakers and LPC Counselors.



PODCAST & RADIO

The **Parenting Today's Teens Radio program** continues to expand, now heard in Dallas and Houston, Texas, and Tulsa, Oklahoma, with another 40+ stations picking up the program. Now heard on almost 2,000 stations, the radio program reaches not only parents, but grandparents as well.

The advent of **podcasts** brings a new opportunity to reach a shifting style of "listening" to a whole new audience. The launch of the podcast four years ago has offered wisdom and counsel to parents everywhere, at a level of over a million downloads this past year.



parenting today's teens

THE PODCAST with mark & courtney



"Your radio programs and podcasts have raised my kids. I've been listening for years and have gleaned the wisdom and understanding that was perfect for our family. Forever indebted!"



In addition, we've introduced Courtney LaFleur to the radio programs and podcasts. Her expertise as a Licensed Professional Counselor coupled with her ability to "get to the heart of the issues" has been a wonderful transition of both programs, as well as bringing a bright and younger perspective on the issues that teens face.

The five-day release podcast provides an opportunity for all parents to benefit from the wisdom needed for today's parenting challenges. Interviews with teens, devotions by Mark, programs with Mark and Courtney, and opportunities for parents to have their questions answered all provide new parenting tools for moms and dads.



MONDAY | TOUGH PARENTING TOPICS

Mark and Courtney explore cultural trends and share practical ways to counter today's adolescent influences. This must-hear podcast for parents includes topical discussions, teen interviews, and guidance to help parents connect with their teens on a heart level.



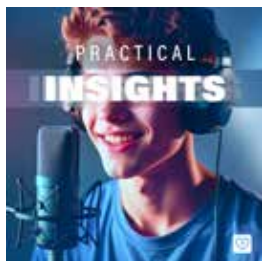
TUESDAY | REAL TEENS, REAL STORIES

Mark and Courtney interview teens from Heartlight, our residential counseling center, to help moms and dads avoid common parenting pitfalls. These conversations offer insight into the mindset and emotions behind much of today's teen behavior.



WEDNESDAY | DEVOTIONALS WITH MARK GREGSTON

Each week, Mark shares a devotional filled with encouragement and thought-provoking reflections. With scriptural insight, he connects God's wisdom to the real struggles parents and teens face in today's challenging culture.



THURSDAY | PRACTICAL INSIGHTS

This podcast offers timely and relevant guidance on teen issues, with Mark and Courtney providing both understanding and actionable advice for parents. Each episode includes a conversation with a teen whose story relates to the day's topic.



FRIDAY | PRACTICAL INSIGHTS

In "I Mustache Mark a Question," Mark answers parent-submitted questions with practical wisdom for real-life challenges. In "Courtney's Corner," Courtney asks thought-provoking questions to help parents reflect, while Mark offers insight and Courtney encourages deeper thinking.

For more information about the Parenting Today's Teens Radio Program or the Podcasts, please visit www.ParentingTodaysTeens.org or scan the QR code.





A MAJOR LEAGUE WAY TO GIVE BACK

Traditionally, we've held an event for the DFW and surrounding areas for our annual fundraising effort. We decided to do something different this year. While those events have been wonderful, they're costly, involve a lot of time, and in the end, don't produce much because of all the expenses.

So, we booked suites at Globe Life Field in Arlington for four nights in hopes that you'll be able to come and celebrate our 50 years of ministry to families. These events will be our yearly fundraiser in place of the production events we've had in the past.

With your help, we aim to raise \$250,000 at these (four) events. We hope you'll come for an evening, watch some great Texas Rangers baseball, eat a few hot dogs, celebrate with us, and donate to Heartlight and Parenting Today's Teens.

All funds given at these games will be matched dollar for dollar up to \$100,000. If that's not a homerun, I don't know what is!

These events will offer evenings of catching up and raising some funds so our 50-year "footprint" will continue in the days ahead. We invite you to celebrate this milestone with us and those who have made this work possible.

I hope we'll see you at the ballpark making a toast to the ministry of Heartlight and Parenting Today's Teens.

Play Ball!

"Congrats on 50 years of ministry to parents and teens. And to think...I was in your first Young Life group back in Tulsa way back in the 70's."



DETAILS



MAY 31 3:05 PM	TEXAS RANGERS V. ST. LOUIS CARDINALS
JULY 19 6:05 PM	TEXAS RANGERS V. DETROIT TIGERS
AUG 23 6:05 PM	TEXAS RANGERS V. CLEVELAND GUARDIANS
SEP 06 6:15 PM	TEXAS RANGERS V. HOUSTON ASTROS



PARTY SUITE 205 **GLOBE LIFE FIELD | ARLINGTON, TX**

Seating for each game is limited to 60 people. Your reservation includes all the food and drink (plenty of hot dogs, popcorn, chips and queso) and everything you'd expect from a world-class MLB game.



RESERVE YOUR SPOT **FOR THE GAME TODAY!**

Please CALL 903.668.2173 and let us know how many to expect in your party, or TEXT 903.237.9154 and we'll make sure you have a place to come be a part and spend a few innings with us.

These games are in lieu of our traditional major Dallas/Fort Worth Event, and give us time to catch up, watch a great game, celebrate a milestone in the ministry, and raise some much-needed funds for the work of Parenting Today's Teens & Heartlight.

- Select a date and let us know (by TEXT or CALL) your preference for attendance and how many will be in your party.
- We'll reserve spots for you and anyone else who'd like to support the ministry. Just be sure they know this is a fundraising evening.
- Suggested donation is \$500 per person—or whatever you'd like to give. Every gift is needed and appreciated. Envelopes, pledge cards and a credit card machine will be available.
- Dinner and all the snacks (and hot dogs) you could want are included.
- Tickets will be sent via TEXT the day before, and we'll confirm you received them.
- Questions? Call or text us at 903.237.9154.

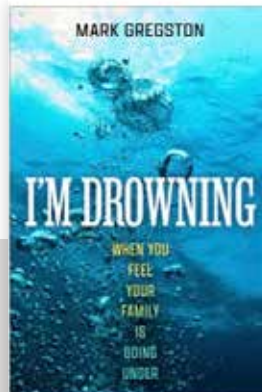
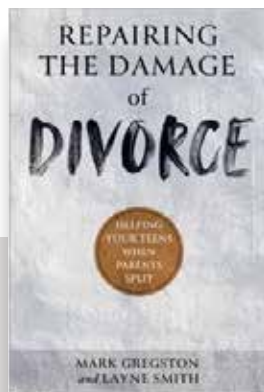
Scan the QR Code below to watch a special invitation from Mark



NEW RESOURCES

The resources that Parenting Today's Teens promotes — through all the platforms — are biblically based, practical in nature and share wisdom accumulated through the years to help families better connect with their teens.

The three books that were announced last year were delayed because of Mark's health challenges with a new kidney. The plan is for these books to be released in early 2026.
Delayed but not forgotten.



AUDIOBOOK

By the end of the fall, six of Mark Gregston's books will be released as audio books including:

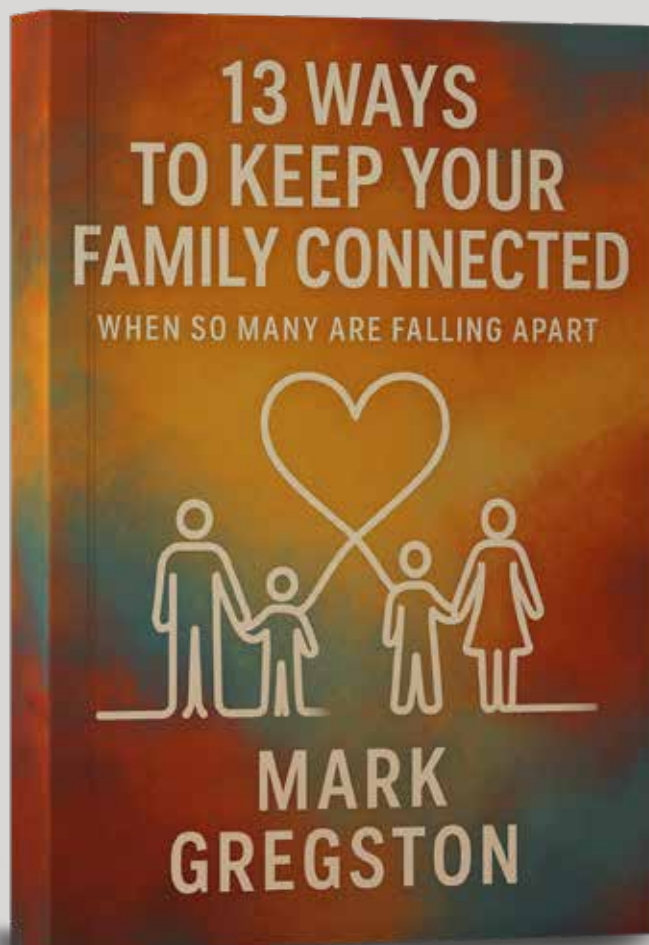
- Raising Teens in a Contrary Culture
- When Your Teen is Struggling
- Grandparenting Teens
- Tough Guys & Drama Queens
- What's Happening to my Teen
- Leaving a Legacy of Hope

FALL 2025

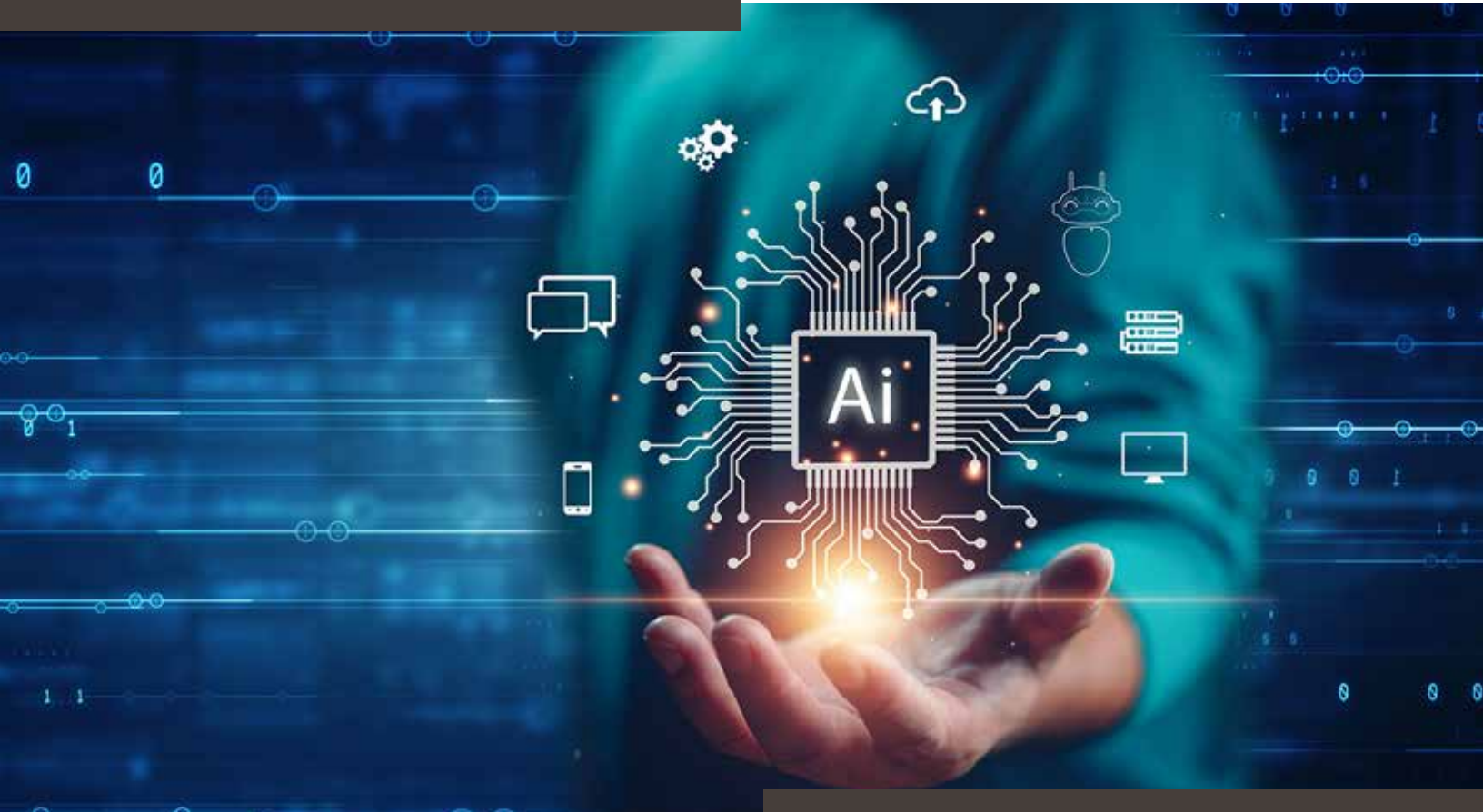
13 WAYS TO KEEP YOUR FAMILY CONNECTED

WHEN SO MANY ARE FALLING APART

Mark's written a new book titled, **13 Ways to Keep your Family Connected...When So Many are Falling Apart**. It will be available by the end of the summer. This is a collection of healthy habits of the connected family, wanting to have a deeper relationship with their child.



TECHNOLOGY & AI



Technology often leaves a “bad taste” in people’s minds due to the negative publicity around TikTok, Facebook, social media, gaming and now the rise of AI (Artificial Intelligence), which can feel confusing and overwhelming.

We’ve seen firsthand the impact of this on teens — how social media can shape and even harm their relationships and sense of identity.

But there’s also incredible potential in technology to bring help and hope to parents looking for new tools and wisdom for their families.

AI, in particular, opens doors to reach parents worldwide. It allows us to translate books,

videos and platforms into multiple languages, expanding our impact far beyond English-speaking countries. AI can even translate radio programs and podcasts — broadening our reach to countless families globally. And that’s just the beginning of how we can use this technology to advance the mission of Heartlight and Parenting Today’s Teens.

Scan the QR code with your phone’s camera to watch Mark’s video on how AI can extend our resources beyond national boundaries.



WE'RE LOOKING FOR GRADUATES IN THEIR 20s TO JOIN OUR TEAM

The residential staff at Heartlight are the backbone and blessing of all our employees. These young staff members engage with kids from all over the country and try to build a relationship of trust and confidence that can help kids work through the issues they face within their families.

Can you help us find the "right" staff? Perhaps you know of someone who is looking for a place to make an impact on struggling teens, and will commit to give a year of their life to the Heartlight mission project, living in-house with teens and other like-minded staff.

We are looking for energetic, enthusiastic and committed staff. Those that love the Lord, love kids, and would love to come to the Heartlight mission field and spend a year pouring their life into the lives of teens.

These are salaried positions with quarterly raises, and include room and board, health insurance, dental insurance and an opportunity to participate in our 401(k) retirement program after a year of service.

Now, we're not looking for another "project." We're looking for responsible single guys and gals that have a desire to make a difference in the life of a teen, and subsequently the future of their family.

To find out more about this position and what it entails, visit heartlight.jobs or call our Recruitment Director at 903.668.2173.

A year of investment and a lifetime of change await those who commit to this opportunity to give of themselves and change the world of another.



HEARTLIGHT.JOBS

A close-up photograph of a woman with blonde hair, smiling and holding a smartphone to her ear. She is wearing a dark top with a green buttoned strap. The background is a warm, textured wall.

FAMILY CRISIS COACHING

FOR PARENTS NEEDING TO TALK TO SOMEONE

There are times that parents need an opportunity to talk with experienced people who have helped other families through the difficult times with their teens. We have experienced staff and licensed professional counselors who offer parents an opportunity for weekly phone calls over a period of four weeks. These coaching sessions are for parents (not the teen) and help them receive deeper insight, an understanding of how to connect with their teen, and practical ways to deal with the issues in their household.

CALL US TODAY AT 903.668.2173



P.O. Box 480
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(903) 668 -2173



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