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FOR IMMEDIATE RELEASE

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Free services for couples and those soon to be married

Its Valentines day all month long at the CTS Counseling Center

Couples can celebrate Valentine's Day all month long by attending a free 50-minute Couple's Check-Up or an initial Pre-Marital Prep session offered by the Counseling Center at Christian Theological Seminary. Both free services are offered on Monday evenings throughout the month of February.

The Couple's Check-Up will help couples identify areas where they can enhance their communication and understanding. Each session begins with both members of the couple completing a questionnaire. A resident or intern at the CTS Counseling Center meets with each couple and, using the information from their questionnaires, will provide suggestions to enhance their relationship.

The six week Pre-Marital Prep group will help those soon to be married build a strong foundation for their partnership. CTS is offering the initial consultation for Pre-Marital Prep free of charge. Based on a proven model called Emotionally Focused Therapy, the program is designed to strengthen bonds and give each partner the tools needed to work through any bumps the marriage may encounter.

Couples should call (317) 924-5205 to schedule an appointment for either program. The CTS Counseling Center is open Monday – Thursday 8:00 a.m. – 8:00 p.m. Friday 8:00 a.m. – 3:00 p.m. and Saturday 9:00 a.m. – 11:00 a.m. The CTS Counseling Center is located at 1050 West 42nd St. in Indianapolis. More information is available at www.cts.edu/counseling.

The CTS Counseling Center values diversity and is accredited as a training center by the Commission on Accreditation for Marriage and Family Therapy and by the American

Association of Pastoral Counselors (AAPC). CTS is a fully-accredited ecumenical seminary related to the Christian Church (Disciples of Christ) offering eight graduate-level degree programs. More information is available at www.cts.edu.

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