



*"...in the service of healing, peace and holistic wellbeing"*

## Spring 2023

Open Monday –Thursday 9.00am to 5.00pm (closed for lunch 1- 2pm)

### ONGOING SERVICES AVAILABLE

COUNSELLING/PSYCHOTHERAPY    ART THERAPY    COMPLEMENTARY THERAPIES

For enquiries, please contact Reception on 02882 250024

### WORKSHOPS, SEMINARS AND OTHER EVENTS ON OFFER THIS TERM

**WE WARMLY INVITE YOU TO JOIN US IN PERSON IN THE TARA CENTRE:**

- **Meditating Together**  
Mary Daly and Maura Twohig  
**Date:** Tuesdays, starting 10<sup>th</sup> January 2023  
**Time:** 10.30 am – 12 noon  
(Open to anyone who has followed the Tara Centre Meditation Course for Beginners)
- **"Triple 8. A New Model of Living"**  
Michael O'Doherty  
**Date:** Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> February 2023  
**Time:** Saturday 10am-4.30pm (registration 9-9.45am)  
Sunday 10am-4.30pm
- **"Loss and Recovery"**  
Jim Cogley  
**Date:** Friday 10<sup>th</sup> March 2023  
**Time:** 6.30pm – 9pm (Registration between 6pm-6.30pm)
- **"Getting the Past out of the Present, Finding Freedom from Personal and Ancestral Issues, Moving beyond Loss, Trauma and Victimhood"**  
Jim Cogley  
**Date:** Saturday 11<sup>th</sup> March 2023  
**Time:** 10am – 4pm (Registration between 9.30 and 10am)
- **Yoga for Beginners and Intermediates**  
Heather Kemps 10 weeks  
**Beginners: 10.30am – 11.45am** starting Wednesday 25<sup>th</sup> January to Wednesday 29<sup>th</sup> March 2023  
**Beginners: 6.15pm – 7.30pm** starting Thursday 26<sup>th</sup> January to Thursday 30<sup>th</sup> March 2023  
**Intermediates: 7.45pm – 9pm** starting Thursday 26<sup>th</sup> January to Thursday 30<sup>th</sup> March 2023
- **Meditation "The Soul of Healing"**  
Mary Daly and Maura Twohig

Dates: Saturday 28<sup>th</sup> January, 25<sup>th</sup> February and 25<sup>th</sup> March 2023  
Times: 11.30am – 5.00pm (registration 11.00am – 11:30am)  
(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

**TO BOOK YOUR PLACE ON ANY OF THE ABOVE PLEASE CONTACT  
RECEPTION ON 02882 250024**

*SUPPORT GROUPS*

- PATHS Meetings will now be held on the 1<sup>st</sup> Tuesday of each month 8pm-9.30pm
- Omagh Men's Support Group meets Mondays, 7.30-9.30pm



Victims and Survivors Grant available for some of the costs associated with the provision of counselling/psychotherapy, complementary therapies and some workshops/seminars



FOR FURTHER DETAILS ON ANY OF THE ABOVE PLEASE USE THE CONTACT DETAILS LISTED BELOW  
TARA CENTRE, 11 HOLMVIEW TERRACE, OMAGH, BT79 0AH  
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EMAIL: [info@taraomagh.com](mailto:info@taraomagh.com) OR WEBSITE [www.taraomagh.com](http://www.taraomagh.com)