



Open Monday –Friday 9.00am to 5.00pm (closed for lunch 1- 1.45pm)

## SPRING 2026

### ONGOING SERVICES AVAILABLE

**COUNSELLING/PSYCHOTHERAPY | ART THERAPY | COMPLEMENTARY THERAPIES**

For enquiries, please contact reception on **028 82250024**

### WORKSHOPS, SEMINARS & EVENTS THIS TERM

Booking via reception essential for all events!

- **Homecoming: a new space to pause, connect, reflect and grow**

Theme: Imbolc, facilitated by Aileen McGee

Celebrate, cultivate, connect and honour Imbolc - the time of light, hope and renewal. A meditative gathering to prepare for a new season.

**Saturday 24th January 2026**

10am-1pm

- **Ayurveda and the Art of Conscious Living: From Gut Health to Mental Wellbeing**

Aileen O’Kane

An workshop to empower your decisions for your health and well-being.

**Sat/Sun 14-15<sup>th</sup> February 2026**

10am-4pm

- **Tuesday Chair Yoga**

Teresa Sexton

Drop-ins welcome!

**Time:** 2.30pm – 3.30pm followed by a cup of tea

**6 weeks:** Tuesdays 13<sup>th</sup> January – Tuesday 17<sup>th</sup> February

- **Tuesdays: Meditating Together**

Mary Daly & Maura Twohig

Step into a space of stillness and presence.

**Time:** 11am - 12.30pm

**Dates:** Tuesdays, starting 13<sup>th</sup> January 2026

- **Wednesdays: Dru Yoga | Qi Gong for Self-Healing**

Mandy Currans

Drop-ins welcome!

**Times:** Dru Yoga 10 – 11.30am

Qi Gong 11.45am – 1.15pm

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

**Block 1:** 7<sup>th</sup> January – 11<sup>th</sup> February (6weeks)

**Block 2:** 18<sup>th</sup> February – 25<sup>th</sup> March (6weeks)

- **Thursdays: Hatha Raja Yoga**

Josephine Rafferty

**Time:** 6.15pm -7:45pm

**Block 1:** 8<sup>th</sup> January – 12<sup>th</sup> February (6weeks)

**Block 2:** 19<sup>th</sup> February – 26<sup>th</sup> March (6weeks)

**TO BOOK YOUR PLACE ON ANY OF THE ABOVE PLEASE CONTACT  
RECEPTION ON 028 82250024**

## **SUPPORT GROUPS**

- PATHS Meetings are held on the 2<sup>nd</sup> Tuesday of each month 8.00pm-9.30pm
- Omagh Men's Support Group meets **Mondays**, 7.30pm - 9.30pm



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



FOR FURTHER DETAILS PLEASE US AT  
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