



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!**

**Please keep checking our website for further updates!**

- **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  
A workshop to empower your decisions for your health and well-being.  
**Sat/Sun 14-15<sup>th</sup> February 2026**  
10am-4pm
- **Healing of Personal and Generational Trauma – a Gift for Future Generations**  
Jim Cogley  
**Fri/Sat 27-28th March 2026**  
Friday 7pm - 9.30pm (registration 6.15-6.55pm)  
Saturday 10am to 4.15pm
- **Tuesday Chair Yoga**  
Teresa Sexton  
Drop-ins welcome!  
**Time:** 2.30pm – 3.30pm followed by a cup of tea  
**6-week block:** 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

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

- **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

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

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

- **Thursdays: Hatha Raja Yoga**

Josephine Rafferty

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

**Block 1:** 15<sup>th</sup> January – 19<sup>th</sup> February (6 weeks)

**Block 2:** 26<sup>th</sup> February – 26<sup>th</sup> March (5 weeks)

**To book any of the above events call reception 028 82250024.**

## **SUPPORT GROUPS:**

- PATHS Meetings are held on the **2<sup>nd</sup> Tuesday of each month** 8.00pm-9.30pm. For further information, contact Jimmy 07879 414385.
- Omagh Men's Support Group meets **Mondays**, 7.30pm - 9.30pm. For further information, contact Gerry 0779 9472968.



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



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