



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!

Check our website for updates or to join our mailing list

- **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 14-15th February 2026
10am-4pm
- **Healing of Personal and Generational Trauma – a Gift for Future Generations**
Jim Cogley
Fri/Sat 27-28th March 2026
Friday 7.00pm - 9.30pm (registration 6.15-6.55pm)
Saturday 10.00am to 4.15pm
- **Celebrating Bealtaine** facilitated by Aileen McGee
Theme: fertility, fire, creativity, the world coming into bloom, abundance
Take some time, tune in and listen. Get curious about what will nourish you and if it’s not immediately possible to do that make a plan for when you will and be sure to honour it. You are important.
Saturday 25th April 2026
10.00am-1.00pm
- **Awaken to The Wisdom of Your Dreams**
Kathleen Duffy
Fri/Sat 15th and 16th May 2026
Friday 7.00pm - 9.30pm (registration 6.15pm-6.55pm)
Saturday 10.00am – 4.00pm
- **Tuesdays: Meditating Together**
Mary Daly & Maura Twohig
Step into a space of stillness and presence.
Time: 11am - 12.30pm
Dates: Tuesdays, running until 24th March incl.

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

- **Tuesday Chair Yoga - Drop-ins welcome!**
Teresa Sexton
Time: 2.30pm – 3.30pm followed by a cup of tea
6-week block: Tuesdays 13th January – Tuesday 17th February
- **Wednesdays: Dru Yoga | Qi Gong for Self-Healing - Drop-ins welcome!**
Mandy Currans
Times: Dru Yoga 10 – 11.30am
Qi Gong 11.45am – 1.15pm
Block 1: 7th January – 11th February (6 weeks £40.00)
Block 2: 18th February – 25th March (6 weeks £40.00)
- **Thursdays: Hatha Raja Yoga**
Josephine Rafferty
Time: 6.15pm -7:45pm
Block 2: starting 26th February – 26th March (5 weeks £35.00)

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

SUPPORT GROUPS:

- PATHS Meetings are held on the **2nd 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.

OTHER EVENTS SUPPORTED BY AND AT TARA:

- **Paul Allen: "The Final Piece Peace – A stroke survivor's journey"**
Official book launch and talks with author Paul Allen, Dr Enda Kerr (Lead Consultant at Northern Ireland's Tertiary Stroke Centre), Nirjay Mihindru (CEO of Interact Stroke) and others.
Friday 13th March 2026 2.00pm – 4.00pm
More info/booking by contacting Paul: tel 0780128604 or email paul.allen351@outlook.com
- **Thursday evenings join Clann Cheoil Na hOmai Singing Group**
7.00pm
This cross-community group dives into Irish Traditional songs in the Irish language – which is just as fun as it is challenging! Everyone welcome!



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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