



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 14-15<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 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 25<sup>th</sup> April 2026**  
10.00am-1.00pm
- **Awaken to The Wisdom of Your Dreams**  
Kathleen Duffy  
**Fri/Sat 15<sup>th</sup> and 16<sup>th</sup> 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 24<sup>th</sup> 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 13<sup>th</sup> January – Tuesday 17<sup>th</sup> 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:** 7<sup>th</sup> January – 11<sup>th</sup> February (6 weeks £40.00)  
**Block 2:** 18<sup>th</sup> February – 25<sup>th</sup> March (6 weeks £40.00)
- **Thursdays: Hatha Raja Yoga**  
Josephine Rafferty  
**Time:** 6.15pm -7:45pm  
**Block 2:** starting 26<sup>th</sup> February – 26<sup>th</sup> March (5 weeks £35.00)

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.

## 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 Irelands 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](mailto: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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