



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

## SPRING/SUMMER 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

- **Homecoming: Celebrating Bealtaine**  
Facilitated by *Aileen McGee*: a contemplative gathering/mini retreat to explore the themes and invites dwelling in the upcoming summer season.  
**Saturday 25<sup>th</sup> April 2026**  
10.00am-1.00pm
- **Working with the Wisdom of Your Dreams**  
*Kathleen Duffy*: experience the amazing wisdom of dreams as a powerful source of guidance from the soul.  
**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
- **The Seven Planets: Who am I and Who is the Other?**  
*Mike Chase*: This three-day experiential workshop invites you to explore the deeper journey of the human soul—before birth, through life, and beyond.  
**Fri-Sun 12<sup>th</sup> - 14<sup>th</sup> June 2026**  
Friday 6pm - 9pm (registration 6.15pm-6.55pm)  
Saturday 9am – 6pm  
Sunday 9am-1pm
- **Tuesdays: Meditating Together**  
Mary Daly & Maura Twohig  
Step into a space of stillness and presence.  
**Time:** 11am - 12.30pm  
**Dates:** Tuesdays, 14<sup>th</sup> April – 30<sup>th</sup> June 2026
- **Tuesday Chair Yoga - Drop-ins welcome!**  
Teresa Sexton  
**Time:** 2.30pm – 3.30pm followed by a cup of tea  
**Dates & Fees:** Tuesdays 21<sup>st</sup> April – 26<sup>th</sup> May 2026 (6 weeks £35, drop-in £8)

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

- **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  
**Dates & Fees:** Wednesdays 15<sup>th</sup> April – 20<sup>th</sup> May (6 weeks £40, drop-in £10)
- **Thursdays: Hatha Raja Yoga**  
Josephine Rafferty  
**Time:** 6.15pm -7:45pm  
**Dates & Fee:** Thursdays 16<sup>th</sup> April – 21<sup>st</sup> May (6 weeks £40)

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

## SUPPORT GROUPS:

- Omagh Men's Support Group meets **Mondays**, 7.30pm - 9.30pm. For further information, contact Gerry 0779 9472968.
- 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.

## OTHER EVENTS SUPPORTED BY AND AT TARA:

- **Thursday evenings** join **Clann Cheoil Na hÓmaí Singing Group**  
7-9pm  
This cross-community group dives into Irish Traditional songs in the Irish language – which is just as fun as it is challenging! Everyone welcome! Contact Seán 07979 530616 for more information.



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



TARA CENTRE, 11 HOLMVIEW TERRACE, OMAGH, BT79 0AH

TEL: **028 82250024**

EMAIL: [info@taraomagh.com](mailto:info@taraomagh.com)

WEBSITE [www.taraomagh.com](http://www.taraomagh.com)

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