



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

AUTUMN/WINTER 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

- **Talk: Dr Tony Bates at the Tara Centre**
Finding Beauty and Mystery through Mindfulness is the title of this exciting upcoming talk at Tara with Dr Tony Bates. Tony is a clinical psychologist, author, and one of Ireland's leading voices in mental health and mindfulness.
Friday 25th September 2026
7.00pm - 8.30pm – FREE, Donations welcome
- **Workshop: Bio-Energy Healing / Triple 8. A New Model of Living**
At this two-day training programme with *Michael O'Doherty* you will be given a basic understanding of Bio-Energy healing techniques for a holistic approach to better health.
Saturday 3rd October and Sunday 4th October 2026
VSS subsidised or £110 including booking fee
- **Homecoming: Samhain - Turning Inward, Honouring What Matters**
Facilitated by *Aileen McGee*: a contemplative gathering/mini retreat to slow down, listen inwardly, and explore what this season may be asking of you.
Saturday 17th October 2026
10.00am-1.00pm – FREE, Donations welcome
- **Jim Cogley - LOSS, RECOVERY & DISCOVERING YOUR HIGHER PURPOSE**
A two-day retreat exploring loss, healing, spirituality and the deeper questions of our lives.
Friday 13th and Saturday 14th November 2026
Cost £60.00, VSS subsidises the cost for those who meet the criteria
- **Tuesdays: Meditating Together**
Mary Daly & Maura Twohig
Step into a space of stillness and presence.
Time: 11.00am - 12.30pm
Dates: Tuesdays, 29th September – 8th December 2026
FREE – Donations welcome
- **Tuesday Chair Yoga - Drop-ins welcome!**
Teresa Sexton
Time: 2.30pm – 3.30pm followed by a cup of tea
Dates & Fees: Tuesdays 1st Sep – 6th Oct 2026 (6 weeks £40.00, drop-in £10.00)

“... 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 2nd Sep – 7th Oct (6 weeks £40.00, drop-in £10.00)
- **Thursdays: Hatha Raja Yoga**
Josephine Rafferty
Time: 6.15pm -7:45pm
Dates & Fee: Thursday 17th Sept for 6 weeks - £40.00

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 **2nd Tuesday of each month** 8.00pm-9.30pm. For further information, contact **Jimmy 07879 414385**.

OTHER EVENTS SUPPORTED BY/FOR/AT TARA:

- **Thursday evenings** join **Clann Cheoil Na hÓmaí Singing Group**
7-9pm, starting 24th September
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.
- **Charity Mud Run** on the **27th September** at Todd's Leap, starting at 11am! Visit toddsleap.com for more info
- **Craft Fair** at the Tara Centre, on **Saturday, 28th November**

*view programme on
our website here*



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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