



*Autumn 2011  
Brochure*

**11 Holmview Terrace  
Omagh  
Co Tyrone  
BT79 OAH**

*... in the service of Healing and Peace*

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Dear Friend of the Centre,

We come to you once more with an offering of some services which past experience has taught us have the capacity to support you through challenging periods of your lives and hopefully to enrich life at the only level which ultimately counts in lasting terms - spirit level.

Not spirit detached from the everyday and ordinary, I hasten to add, but spirit which, in our view, gives life to all, at all times - whether its presence breaks through at the conscious level or not.

In page 13 of this brochure you will find, quoted in full, a beautiful insightful poem on this theme by R.M. Rilke. I hope it touches your soul and supports your life's journey as deeply as it does ours...

You will notice that much of the brochure lets you know that old tried and tested services continue to be available - something not to be taken for granted in these changing, challenging and cash-strapped times.

On pages 9, 10, 11 and 12 you will see some new or nearly new-to-us seminars.

On Page 14 we mark the end of Peace III funding for this Centre.

On the inside of the back cover, we express our appreciation of the fact that others continue to provide financial support to the Centre despite the considerable gap left by Peace III's departure.

As we step into yet another Autumn season we invite you to join with us in our resolve to work together as we did in the early days of the life of the Tara Centre with Rilke's poem reminding us that we are never alone on our journey.

May we continue to remain open to life's many blessings and to be a community of mutual support.

Best wishes

Maura Twining Mary Daly

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# ON-GOING SERVICES

## COUNSELLING / PSYCHOTHERAPY

### **Theoretical orientations include:**

- Art Therapy
- Jungian
- Humanistic & Integrative
- Psychosynthesis
- Rogerian Person Centred

### **The approach is holistic and addresses a wide range of issues, e.g.**

- Abuse in all its forms: emotional, physical, psychological, sexual;
- Bereavement: death, loss of any kind;
- Relationship issues: marital/partnership problems, early childhood issues, family of origin issues, social and occupational relationships;
- Addictive disorders;
- Depression;
- Trauma of all kinds;
- Phobias;
- Spiritual crisis;
- Crisis of any kind.

**All psychotherapists are professionally trained, accredited by a recognised professional body\* (or are actively engaged in the accreditation process) and are committed to on-going professional development and supervision.**

**The therapists frequently exercise an eclectic approach to their work by drawing on additional modalities in which they have received specific training and which complement their basic orientation. These include Dream Work, Interactive Guided Imagery, CBT and others.**

**\*BACP, IACP, BAAT, HPC, BISS/ISST**

**For information on making a counselling/psychotherapy appointment see page 25 of this brochure.**

## COMPLEMENTARY THERAPIES



### Therapies Available

- Aromatherapy
- Ayurveda
- Bi-Aura (Bio-Energy Healing)
- Body Massage
- Craniosacral Therapy
- Emotional Freedom Technique (EFT)
- HECT (Human Energy Chelation Therapy)
- Hopi Earcandle Therapy
- Indian Head Massage
- Kinesiology
- Reflexology
- Thought Field Therapy

*Only professionally qualified practitioners are engaged at the Centre. In addition to their professional training in one or more of the above disciplines many of the practitioners have acquired advanced training directly from Rosalyn Bruyère in using the human energy field for therapeutic purposes (chelation). This training greatly enhances their practice. A number of Rosalyn's trainees have now acquired a Practitioner's Diploma in Human Energy Chelation Therapy (HECT) and this is now available at this Centre.*

### Appointments

The Receptionist will, on request, provide centre Clients with an information leaflet on available grants at any given time. An appropriate application form will also be provided (grant-aided or fee-paying). When completed you are asked to return the form to the Receptionist. It will be passed on to the Centre Director who will approve the application for grant aid and assign you to an appropriate therapist i.e. qualified in the therapy you request.

## Grant-Aided Appointments

From time to time the Tara Centre is successful in its application for grants for Complementary Therapy Treatments. This enables the Centre to offer a number of treatments at a reduced rate or free of charge to persons who satisfy the criteria of the relevant funding bodies.

The Receptionist will be aware of the availability or otherwise of complementary therapy grants at any given time.

The completed form will be passed on to the Centre Director who will arrange for you to receive the therapy of your choice as soon as a place becomes available.

## Appointments on a fee-paying basis

Persons who do not meet the criteria set out by the grant provider will be facilitated in making appointments on a fee paying basis. A sliding scale with regard to these fees is also negotiable with the **Centre Director** on request. Relevant leaflets are available through Reception.

## Cancellation Policy

A minimum of 36 hours notice is required for cancellation of an appointment. Failure to comply with this requirement will involve a cancellation fee of £15 for fee paying clients. Grant aided clients will forfeit one allocated treatment for failure to give adequate notice of cancellation. A “No-Show” practice on the part of the client will require a return to the waiting list for further appointments.

## BOOKSHOP AND LENDING LIBRARY

### BOOKSHOP

The holistic approach to health and well-being, which is a hallmark of life at the Tara Centre, together with a firm commitment to progressing healing, peace and reconciliation within the community, is reflected in the material that appears on the shelves of the Bookshop. There are approximately 2,500 books in stock. The range of authors and themes is multi-cultural and reflects a great diversity of perspectives on topics addressed. Other stock has also been expanded and you may find that special greeting card, CD, DVD and/or other gift products.

**Gift tokens available.**

**Customer orders are welcome.**



### LENDING LIBRARY

The lending library has approximately 700 titles comprising books and some audio tapes. We are grateful to those generous patrons whose gifts of books and tapes have expanded the stock.

**The Bookshop and Lending Library are open during the Centre's normal opening hours.** The weekly lending library borrowing fee is 50p per item.

*Gift Vouchers for Complementary Therapies, attendance at Tara Centre Programmes, and the purchase of books and other items for sale in the Tara Centre Bookshop are available at Reception.*

**Note:** while great care is taken in the selection of items for the bookshop and/ or lending library, Centre Management does not necessarily promote the views

# PROGRAMMES, SEMINARS AND WORKSHOPS

## **MEDITATION FOR BEGINNERS,**

Meditation and Mindfulness, towards living in ever  
greater awareness

*Mary Daly and Maura Twohig*

Meditation at the Tara Centre is offered from a generic perspective based on the belief that its practice can make a significant contribution towards a holistic way of living for persons from any or no religious affiliation. In the delivery of the programme great care is taken to respect each participant's world view and spiritual orientation.

Cross community membership greatly enriches the experience for all. The programme combines the presentation of some basic theories and an opportunity to practice meditation in a safe, supportive group.

Dates: Monday 3 October 2011 – Monday 21 November 2011  
inclusive (3rd, 10th, 17th, 24th and 31st October and 7th,  
14th and 21st November)

Time: 8.00 – 10.00pm

Cost: Contributions

*“The practice of peace and reconciliation  
is one of the most vital and artistic of  
human actions.”*

Thich Nhat Hanh

## **BEAD BIOGRAPHY – HEALING THROUGH STORYTELLING**

*Suzi Swain*

Irrespective of the unique circumstances of any of our lives we know that, sooner or later, we will experience hurt in some shape or form.

We also know that emotional/ psychological hurt, unhealed, can diminish and/or destroy the quality of life, not only for ourselves but for those with whom we come in contact most especially those who are nearest and dearest to us.

Here in post conflict Northern Ireland and the Border Counties, in addition to the pain which the “ordinary” stresses life can inflict, many have suffered deep psychological trauma caused by the impact of ‘the Troubles’ either directly or indirectly in their lives.

The Tara Centre operates from a deep conviction that “what hurts can heal” and also that in the healing process “one size does not fit all.” It is for this reason that the Centre offers a range of healing modalities.

Storytelling is widely known to be a very effective instrument of healing. It is also a highly sensitive path to walk requiring skilled professional guidance to ensure that “pot holes” are avoided and solid ground remains underfoot at all times.

This storytelling workshop meets those basis criteria admirably. The workshop facilitators have many years’ experience of work with cross community women’s groups in South Armagh.

Suzi’s approach to storytelling is the use of beads to form bracelets which symbolically hold each participant’s story in an intimate and personal manner. The essential privacy of each one’s unique experience is respected in this way while a gentle group process releases a further healing energy for the benefit of all.

At the Centre here we are confident this workshop will suit a wide range of participants.

**Date:** Saturday 1 October 2011

**Time:** 10.00am - 4.00pm

**Cost:** £20 (includes £5 Booking Fee and Refreshments)

## **THE INNER JOURNEY**

*Martin Duffy*

### **Deepening the Shamanic Experience**

On this workshop you will gather together in a safe and sacred community with like-hearted folk to experientially explore the inner realms of your soul's landscape.

You will be supported by each other in making contact with the inner healer to help release past hurts and present painful conditions.

Together you will endeavour to expand your consciousness beyond the personal to the Transpersonal entering the world of imagination, fantasy and the dreamtime.

This course will combine lecture, video and experiential exercises as follows:

- mindfulness meditations
- shamanic journeying
- healing circle
- spirit boat journey
- spiritual cinema presentation
- trance dancing
- hemi sync guided imagery/visualisation journey
- group discussion, dialogue and support

The workshop will be facilitated by, Martin Duffy, Co-Founder and Director of the Transpersonal Centre at Dunderry Park, Navan. Martin is among the most highly qualified and widely experienced teachers and practitioners of this ancient instrument of deep personal, social and planetary healing. Martin has trained and walked among shamans in Europe, South America and Africa and, in addition, he is professionally qualified in a range of other psychotherapeutic healing modalities which enrich his approach to the presentation/ direction of his shamanic journey workshops.

**Dates:** Saturday 12 and Sunday 13 November 2011

**Time:** 10.00am – 5.00pm daily

**Cost:** £40 (includes £5 Booking Fee and Refreshments)

**Numbers:** **Limited to 40 People who have already undertaken the two day basic shamanic workshop.**

## WHOSE LIFE ARE YOU LIVING?

*Dr. Tony Humphreys*

In this seminar, based on his book *Whose Life Are You Living* Tony will show that we are not born bad, ugly, stupid, average, superior or inferior, yet these and other labels plague our adult lives. Why, then, do we pigeon-hole ourselves and put limits on our abilities? Our desire to be accepted by friends, family and the world at large forces us to bow to society's demands, and shackles our true selves.

Today's world worships at the altar of success. Magazines and television constantly offer us the chance to be somebody, anybody, but who we really are. We follow someone else's ideal until we end up with no idea of the person we were before we started.

Whose life are we living? By giving up our freedom, we no longer belong to ourselves. We belong to those who have influenced and altered us. In the seminar Tony will touch on all aspects of living, question the way we approach our lives and show us how to emerge from the darkness that has hidden us so that we may be inspired to embrace the adventures that life offers.

In this seminar, Dr. Humphreys will offer opportunities for you to:

- Reflect on where you are now
- Recognise the blocks to being real
- To understand your shadow self
- To realise what you dare not show
- To express your real self
- To find support for your inner journey

**Date:** Friday 25th November 2011

**Time:** 10.00am to 4.00pm

**Cost:** £20 (includes £5 Booking Fee and Refreshments)

## FAMILY TREE WORKSHOP- INTER GENERATIONAL HEALING

*Jim Cogley*

Many, if not most of us, have a desire to understand who we are in the light of our family tree.

Somewhere in us we have an awareness that healing can be brought, not just to ourselves, but also to other members of our family who share the same 'family tree'.

The knowledge gained in this workshop will help participants not to allow the past to determine their future in ways that are unhealthy/ unhelpful. They will learn to free themselves from old scripts and bring healing to their lives and possibly to the lives of others who share their tree.

Jim Cogley has many years' teaching experience and is a counselling supervisor. As a psychotherapist he trained in the Jungian tradition. His particular area of interest is that of Inter-generational Healing and how the past that is unacknowledged can still influence the present. As an artist with wood he presents his message using an astonishing range of personally crafted wood symbols to great effect.

**Jim is a published author on the subject of this workshop.** *Wood You Believe (Volume one), The Unfolding Self (Volume Two) and The Emerging Self* are his first books to be published. His new book, *Exploring Your Ancestral Self*, was published in October 2009. Copies of these books will be for sale at this workshop and are also in stock at the Tara Centre Bookshop.

**Date:** Friday 9th & Saturday 10th December 2011

**Time:** 10.00am - 5.00pm on Friday and 10.00am – 1.00pm Saturday

**Cost:** £30 (includes £5 Booking Fee and Refreshments)

## **God Speaks**

*God speaks to each of us as he makes us,  
then walks with us silently out of the night.*

*These are the words we dimly hear:*

*You, sent out beyond your recall,  
go to the limits of your longing.*

*Embody me.*

*Flare up like flame  
and make big shadows I can move in.*

*Let everything happen to you: beauty and terror.  
Just keep going. No feeling is final.  
Don't let yourself lose me.*

*Nearby is the country they call life.  
You will know it by its seriousness.*

*Give me your hand.*

R.M Rilke



## CLOSURE OF PEACE III ICADP PROJECT

(Individuals and Communities Acknowledging and Dealing with the Past)

Records at the Centre here bear testimony to the benefit that over 2,000 of you, self-declared victims/ survivors of Northern Ireland's "Troubles", have derived from the ICADP Project.

The Project started in February 2009 and closed on July 31st 2011.

(For Centre Management considerable energy was already expended in 2008 in connection with the grant application process which was the significant first step in securing the funding for the Project which brought the services to you, the participants free of charge.)

You came from the Omagh District Council area, from further afield in Northern Ireland and from the Border Counties and you availed of one or more of the five elements of the Project: counselling/ psychotherapy, art therapy, complementary therapies, seminars/ workshops and, for some of you, a respite residential weekend towards the end of the project.

Your verbal and written testimonials to the value of the Project in your everyday lives is the reassurance we need that the challenges the project presented to those of us who played a part in keeping it on track, were more than well worth the effort.

May we, one and all, continue to acknowledge and deal with the past and commit ourselves to walking the path of 'healing and peace', the firm foundation on which this Centre is built.

The strap line below, which adorned the pages of the brochure for so long, is now making its last appearance – our final public acknowledgement of gratitude to Europe for the financial resources which made the project possible.

	<b>European Union</b> European Regional Development Fund Investing in your future		
<b>A project supported by PEACE III Programme managed for the Special EU Programmes Body by the Community Relations Council/Pobal Consortium</b>			

## ONGOING PROGRAMMES

### **THE SOUL OF HEALING (Combined Meditation and HECT Intensive)**

*Maura Twohig and Mary Daly*

A combined meeting of these two established groups will be held in the Tara Centre as set out below.

These one day intensives are specially designed to initiate and strengthen an integration of the groups who have attended Meditation Intensives and HECT Intensives at the Tara Centre in the past.

The structure and content of the Intensives are informed by the consultation process already carried out for this purpose.

The component parts will include:

- group meditation
- input and discussion on a relevant topic
- chi gong
- HECT healing treatments provided in the context of group meditation
- refreshments as appropriate.

**Dates:** Saturday 24 September, Saturday 29 October and Saturday 26 November 2011

**Time:** 11.00am to 6.00 pm

**Cost:** Contributions.

It is important to **confirm your attendance at Reception not later than 5.00 pm on the Wednesday prior to the Intensive.**

An established Tara Centre HECT (Human Energy Chelation Therapy) Group will continue to meet on **Tuesday mornings at 12.00pm.**



## **MEDITATION ON AN ON-GOING BASIS**

The Meditation Room/ Réalt na Mara is being reserved for its original purpose, namely to be a quiet place where members of the Centre's Meditation Community are welcome to come and meditate during the Centre's opening hours.

### **CONTINUING GROUP MEDITATION**

Established Tara Centre Meditation Groups will continue to meet on **Monday and Thursday evenings at 8.00pm** and on **Tuesday mornings at 10.30am**.

Anyone who has followed the Course for Beginners at the Tara Centre is welcome to join one of these on-going groups at any time. Please contact Reception prior to so doing.

Contributions are welcomed to meet the Tara Centre's on-going overhead expenses.

### **CHRISTMAS MEDITATION CELEBRATION**

**Date:** Saturday 17 December 2011  
**Time:** 2.30/3.00 gathering and 'cuppa'  
3.00pm – 6.30pm Meditation / Ritual  
  
6.30pm Christmas meal  
Closure not later than 8.00pm

**Please book your place not later than Wednesday 14th December 2011.**  
**If, having booked a place, you are subsequently forced to drop out, please let us know immediately.**

## YOGA

*Heather Kemps*

Yoga is a very old tradition which has much to offer in today's lifestyle, helping us to feel more peaceful in a chaotic world. It helps harmonise and balance the mind, body and emotions through using postures, breath and relaxation techniques.

Yoga develops a stronger and more flexible body which can benefit many specific ailments. Relaxation is so important for health and well being as it relieves the anxieties and frustrations of a stressful lifestyle. Yoga is for everyone - just go at one's own pace. Those who practise yoga are advised to wear loose clothing and bring a blanket or sleeping bag. **NB It is advisable that expectant mothers wait until after the 12th week of pregnancy.**

The programme presenter, Heather Kemps, trained with the Yoga Fellowship of NI in 1997. She completed second stage teacher training with YTTC in 2000. Heather sees the practice of yoga as a tool to help individuals develop their own self-awareness, enabling them to feel more in control, therefore leading to a more balanced and fulfilling life.

### YOGA FOR BEGINNERS

#### Wednesday Mornings

**Dates: 21 September 2011 –  
7 December 2011 inclusive**

**Time: 10.30am – 12pm**

**Cost: £48.00 (12 weeks)**

#### Thursday Evenings

**Dates: 22 September 2011 –  
8 December 2011 inclusive**

**Time: 7.00pm-8.30pm**

**Cost: £48.00 (12 weeks)**

### INTERMEDIATE CLASS

**Dates: As for Thursday Beginners**

**Time: 8.30pm – 10.00pm**

**Cost: £48.00 (12 weeks)**

**LIVING WITH GRIEF AFTER SUICIDE (PATHS)**

PATHS is an inter-denominational voluntary group formed to support families and individuals bereaved by suicide. Members of the group form an emotional bond of friendship arising from their shared experience of having suffered similar shock, confusion and loss in their lives. Those attending PATHS quickly realise that there is no instant solution for their pain and this realisation in itself helps develop those bonds of friendship which are central to the group's philosophy.

It is within this safe and confidential environment that PATHS' members share their pain and grief. Members support one another knowing that sadness, anger, loneliness, loss, depression, blame, guilt, rejection, shame and heartbreak are the kind of feelings and emotions most frequently experienced by members of the group.

**Meetings are held on the first Tuesday of each month.**

**Dates:                Tuesday 6 September, Tuesday 4 October,  
                             Tuesday 1 November and Tuesday 6 December 2011**

**Time:                 8.00pm – 10.30pm**

If interested in attending the regular meetings, please telephone  
**Mr. Jimmy Carrigan on 078 7941 4385.**

## OMAGH MEN'S SUPPORT GROUP

Omagh Men's Support Group has been in existence for some ten years now. The group offers men a safe and secure space where they can talk about their emotions, help them manage their stress and figure out solutions to life's problems.

Men in a support group can develop trusting bonds with one another and reveal things to each other that they might feel uncomfortable telling anyone else. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries.

If you wish to join this group, please contact in the first instance **Gerry on 07799472968.**

**Dates:**                **Every Monday night**  
                              **Start date, Monday 5 September 2011**

**Time:**                **7.15pm – 9.15pm**

## LIVING AFTER BEREAVEMENT (LAB)

This bereavement support group was set up by Mr. Michael Heaney and his wife Gwen following the tragic deaths of their daughters in a road traffic accident in 2002.

The group has met at the Tara Centre on a regular basis since that traumatic event with membership open to others who have lost loved ones in similar circumstances.

An invitation is extended to new people who may wish to join this group. If you plan to attend, **please contact Michael at 07712 867106**, and know that you will get a warm welcome.

## GENERAL INFORMATION

### ENTRANCE, EXIT and OPENING HOURS

#### **Main Entrance**

The **main entrance** to the Tara Centre is on Campsie Road at No. 11 Holmview Terrace. This door is open from 9.00am, through the lunch hour, until 5.30pm Monday- Friday.

The Centre will also be open at weekends as necessary to facilitate seminars and workshops as advertised.

#### **Rear Entrance**

The **rear entrance** on Holmview Close, (a narrow street parallel to Campsie Road, accessible by driving/walking down Holmview Avenue), will be open as follows:

- Monday – Thursday inclusive from 5.30pm and on Fridays, as occasion arises;
- at appropriate times whenever a programme is being run at the Centre;
- to accommodate the hire of the Centre's premises.

**There is an intercom system at the rear entrance which is operational during the Centre's normal working hours. Please use the Press Button to contact Reception as necessary.**

#### **Centre Closed**

The Centre will be closed on Bank and Customary Holidays. List available at Reception on request.

# HOW TO FIND US

**Omagh Town Map (Shows location of Tara Centre and its Public Car Park)**



**NOTE:** The front entrance of the Tara Centre is on Holmview Terrace. The very short narrow street which leads to the rear of the Centre is Holmview Avenue. The new Car Park is located on Holmview Close (immediately beyond Holmview Avenue)

## FACILITIES FOR HIRE

The Tara Centre has a variety of facilities for hire. These range from:-

### Conference Hall

- State-of-the-art facilities, fully air-conditioned and with disabled access.
- Ideal for large groups, conferences, exhibitions, seminars, and workshops.
- Seating for up to 150 people using flexible room layouts.
- Access to all media using ceiling mounted digital projectors to display laptop presentations, DVD, VHS on 2 screens.
- Internet Access.
- Video Conference capability.
- Lectern providing integrated controls.
- Daylight and dark electronically controlled.
- Induction loop system (for those with hearing difficulties).

### Group Meeting Room

- Max 25 people.
- Access to all media via laptop presentations.
- Flip Chart Stand.
- TV & Video.
- Flexible room layouts available.

### Workshop Rooms

- Max 8-10 people.
- Ideal for interviews, staff appraisal, one-to-one meetings, break-out rooms for large conference groups

All who hire the premises, for whatever purpose, are earnestly requested to honour the ethos of the building where safeguarding confidentiality and respecting the privacy of those who regularly attend is a high priority.

*Note: For further information try the following:*

- **View all facilities on our website [www.taraomagh.com](http://www.taraomagh.com)**
- **Request a special *Facilities for Hire* leaflet from Reception**
- **Request details re Terms and Conditions, including price lists, from the Administration Team: 028 8225 0024 (between 9.00am to 5.30pm - Monday to Friday) or email [info@taraomagh.com](mailto:info@taraomagh.com).**

**TARA CENTRE PUBLIC CAR PARK**  
**For use of Tara Centre Patrons**  
**and the General Public**

The **Car Park** virtually opposite the rear entrance to the Tara Centre is professionally operated as a Public Car Park.

Accordingly, an **appropriate tariff is charged** for its use.



**Tara Centre Public Car Park**  
**beside the Apartments on Holmview Close,**  
**(rear of the Tara Centre)**

**OTHER CAR PARKING POSSIBILITIES**

**In addition, the following parking possibilities are close to the Centre:**

- small Car Park at rear entrance to the Tara Centre
- short term parking on Holmview Terrace.
- public Car Park behind the Bank of Ireland (Campsie).
- Public Car Parks at Super Valu, the Bus Depot & the Leisure Centre are only a few minutes walk from the Tara Centre.

## APPLICATION PROCEDURE

### 1. COUNSELLING / PSYCHOTHERAPY

Persons who seek a counselling / psychotherapy appointment are asked to leave their name (first name only is an option) and telephone number with the Receptionist for the attention of the Director of Counselling/ Psychotherapy Services. No details of your request should be given at this stage.

The Director of Counselling/ Psychotherapy Services will return your call as soon as possible. She will note relevant data and give you an indication of the approximate length of time you will have to wait for an appointment.

**If yours is an emergency case, let the Receptionist know and it will be treated as such.**

**Cost:** A sliding scale is in operation for payment for counselling/ psychotherapy. Free places are offered to persons who qualify under the conditions of grants which make this possible. Each case is dealt with individually in a process of consultation between the client and the assigned psychotherapist/counsellor.

## APPLICATION PROCEDURE

### 2. COURSES, WORKSHOPS, PROGRAMMES

Places are allocated to applicants on a strictly “first come first served basis”. **ONLY** persons who have returned **fully** completed booking form will be allocated a place.

**A £5 non refundable booking fee** must be paid at the time of making your booking in order to secure your place on the programme of your choice.

If you have to cancel your place, please do so as soon as possible – a waiting list person could benefit.

The Centre reserves the right to cancel or change details of any programme in the event of unforeseen circumstances. In any such case, fees / deposits will be returned in full.

**Payment by instalment is available for all Tara Centre courses, workshops and programmes.** Morning coffee, afternoon tea and a light lunch are included in the cost of all one day or longer events.

## FEES, CONTRIBUTIONS & GRANTS

The Tara Centre is a voluntary organisation committed to providing a wide range of services, as set out in this brochure, to the highest professional standards. These services are offered in an environment where people can feel not only safe but also respected because of their innate human dignity, whatever their life circumstances or story. The central focus of life at the Tara Centre is the facilitation of healing and peace.

At a practical level it takes a lot of money to maintain the range and standards of service provided by well-qualified staff in suitable premises. This money comes from a combination of three sources:

- payment by those who use the services
- grants (see page 27)
- gifts and contributions

Individuals, groups and organisations who can afford to pay for the service they receive at the Tara Centre are expected to do so according to their means.

The Centre is deeply committed to ensuring that no one is deprived of its services because of payment difficulties. Concessions and sliding scales are in operation for this purpose. Guidelines on how this works are available at Reception.

**Those for whom even a minimum payment constitutes a genuine hardship are warmly and sincerely invited to discuss their situation confidentially with the Centre Administrator. Every effort will be made to accommodate them.**

## Funding

We gratefully acknowledge the funding received from/ pledged by the groups identified below whose grants support the roll out of services advertised in this brochure and bring them to you either free of charge or at a considerably reduced cost.



*Union of Presentation Sisters,  
Northern Province*



We also gratefully acknowledge some much appreciated personal donations made from time to time to the Centre.



Some of the services advertised in this brochure are being supported by the Strategic Support Fund for groups working with Victims & Survivors of the troubles which is administered by NI CRC on behalf of OFMDFM.



*Difficulties are opportunities to better things.  
They are stepping stones to greater experience.  
Perhaps someday you will be thankful for  
some failure in a particular direction.  
When one door closes another one opens...  
as a natural law it has to balance.*

**Eileen Caddy**