



WeCOPE

Connecting with our Positive Emotions

Managing life's challenges in healthy ways allows participants to take better care of themselves and others.

This interactive program helps adults cope with stress & difficult times. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve healthy behaviors.

This FREE 7 week program meets via Zoom once a week for 1 hour. Participants gain the most from the program when they are able to practice skills between sessions.

A workbook and journal are provided to support this practice.

Thursdays August 11th - September 22nd
3:30 pm - 4:30 pm

Register at:

<https://forms.gle/5u9acWGH7y1CmivS8>

County Educator Contacts:

Sauk County (Amanda), Amanda.Coorough@wisc.edu

Green/Lafayette (Bridget): blmouchon@wisc.edu 608-328-9440



Extension

UNIVERSITY OF WISCONSIN-MADISON