



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.

January 9 – February 20, 2024
12:00 pm – 1:00 pm

Register at:

<https://forms.gle/R5kdvK9YYEmJeJ54A>



County Educator Contacts:

Grant County (Bev): beverly.doll@wisc.edu 608-723-2125

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



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