



# 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](mailto:Amanda.Coorough@wisc.edu)

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



**Extension**

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