



# 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 January 12th – February 23rd**  
**12:00 pm – 1:00 pm**

**Register at:**

**<https://forms.gle/qsN1pXrVUmSSkLBx9>**

**County Educator Contacts:**

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

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



**Extension**

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