



WeCOPE

Connecting with our Positive Emotions

WeCOPE is an interactive program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors.

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

This 6-week program meets via Zoom once a week for 55 minutes.

Thursdays, April 28th – June 2nd, 2022
1:00 PM - 1:55 PM

Space is limited! Register at:

<https://go.wisc.edu/e2997k>

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Extension

UNIVERSITY OF WISCONSIN-MADISON