



# 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 participants to take better care of themselves and others.

This 7-week program meets via Zoom once a week for 55 minutes.

**Tuesdays, Sept. 14th – Oct. 26th**  
**1:00 pm - 1:55 pm**

**Register at:**

**<https://forms.gle/E8X3pPHhpgo4rgYx7>**

**County Educator Contacts:**

St. Croix County, [selena.freimark@wisc.edu](mailto:selena.freimark@wisc.edu)

Pierce County, [lori.zierl@wisc.edu](mailto:lori.zierl@wisc.edu)



**Extension**

UNIVERSITY OF WISCONSIN-MADISON