



WeCOPE

Connecting with our Positive Emotions

WeCOPE is an evidence-based program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

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

This 7-session program meets via Zoom. An additional 6 practice hours will be expected.

Fulfills 13 Community-Based Experiential Learning Hours

September 9th – 30th 2021
Mondays and Thursdays
11 am - Noon

Please register at go.wisc.edu/WeCOPEkrw

Kenosha County - Mary Metten - mary.metten@wisc.edu
Racine County - Sarah Hawks - sarah.hawks@wisc.edu
Walworth County - Amanda Kostman - amanda.kostman@wisc.edu



Extension
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