

MANAGE LIFE'S CHALLENGES BY CONNECTING WITH YOUR POSITIVE EMOTIONS

WHAT

FREE SERIES THAT TEACHES 11 HEALTHY COPING SKILLS OVER 6 SESSIONS

WHEN

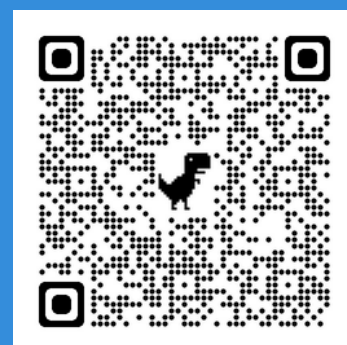
THURSDAYS 6PM-7PM
SEPTEMBER 15 -
OCTOBER 20TH

HOW

REGISTER HERE:
[HTTPS://BIT.LY/WECOPE](https://bit.ly/wecope)



Extension
UNIVERSITY OF WISCONSIN-MADISON



Educator: Danette Hopke
715-635-4446
danette.hopke@wisc.edu