



# We COPE

Connecting with our Positive Emotions

**WEDNESDAYS, JUNE 5 – JULY 10, 2024**

**In-Person: Washburn County Government: 3:00 PM – 4:00 PM**

WeCOPE is an interactive 6-week program that meets via Zoom once a week. This class 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.

**REGISTER NOW**

**<https://bit.ly/wecope>**



For more information contact: Wes Wilson, [Wesley.Wilson@wisc.edu](mailto:Wesley.Wilson@wisc.edu), 715-635-4455  
Course instructors: Wes Wilson, Washburn County Extension,

WeCOPE is offered by Wisconsin Opioid Rural and Stimulant Engagement (WIROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WIROSE is a project of the Extension Health and Well-Being Institute.

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