

We COPE

Connecting with our Positive Emotions

WEDNESDAYS, JUNE 5 – JULY 10, 2024

Hosted on Zoom: 11:30am – 12:30pm

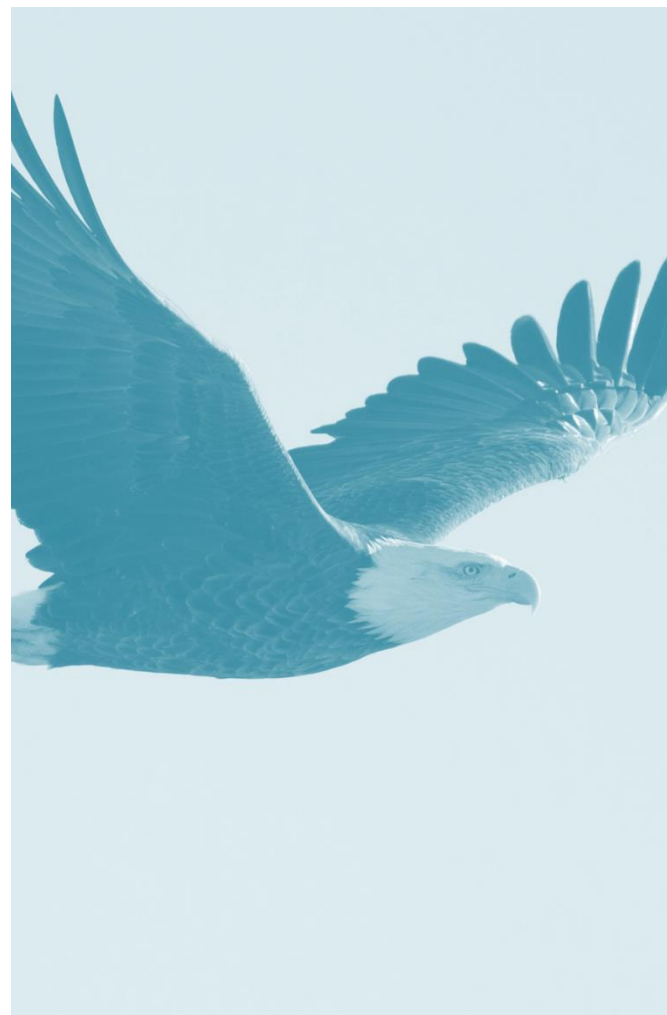
WeCOPE is an interactive 6-week program that meets via Zoom once a week. This class helps adults cope with life stress.

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: Missy Bablick, Missy.Bablick@wisc.edu, 715-788-6217
Course instructors: Wes Wilson, Washburn County Extension, Missy Bablick, Barron County Extension and Tracy Henegar, Bayfield & Douglas 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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