



# MANAGE LIFE'S CHALLENGES BY CONNECTING WITH YOUR POSITIVE EMOTIONS

**WHAT**

**FREE SERIES THAT TEACHES  
11 HEALTHY COPING SKILLS  
OVER 6 SESSIONS**

**WHEN**

**THURSDAYS  
JANUARY 19-FEBRUARY 23  
11:30AM-12:30PM OR  
6:00PM-7:00PM**

**HOW**

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



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON



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