



Connecting with our Positive Emotions

WeCOPE is an interactive program that 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.

This 6-week program meets via Zoom once a week for 1 hour each week.

Thursdays, July 6 – August 10, 2023, 11:30am - 12:30 pm

Register at:

<https://bit.ly/wecope>



For more information contact:

Missy Bablick, missy.bablick@wisc.edu, 715-537-6254

**Course instructors: Missy Bablick, Barron County Extension,
and Tracy Henegar, Bayfield & Douglas County Extension**



Extension

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