



WeCOPE is an evidence-based program that helps adults cope with life stress. It has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

Managing life's challenges in healthy ways allows participants to take better care of themselves and others.

This 7-week program meets via Zoom once a week for an hour. An additional six hours of practice will be expected. Please note that this program is flexible, and Extension is happy to collaborate with you to offer WeCOPE to meet the needs of your organization. If you are an individual who is interested in participating, email Yia Lor ([yia.lor@wisc.edu](mailto:yia.lor@wisc.edu)) to learn more about upcoming offerings.