



WeCOPE

Connecting with **O**ur **P**ositive **E**motions

WeCOPE empowers adults with evidence-based coping strategies to manage stress, build resilience, and navigate life's challenges with confidence and emotional strength.

Duration & Schedule

WeCOPE is a 7-week program with sessions held once a week virtually for one hour.

Evidence-Based Impact

Based on Dr. Moskowitz's research, WeCOPE reduces stress and depression and increases positive coping.

Learning & Practice

Each session teaches practical stress-coping skills, with encouragement to practice between classes.

REGISTER FOR AN UPCOMING SPRING 2026 WECOPE SERIES:

Section 1

Thursdays 2:00 to 3:00 PM
March 26 through May 7

SCAN TO REGISTER



go.wisc.edu/3h30p0

Section 2

Tuesdays 10:00 to 11:00 AM
March 31 through May 11

Register for the session time that allows you to attend most consistently. Continuing education contact hour certificates will be provided.



94% of past participants reported that the skills learned in class helped them better manage stress.



"Last year was tough for many reasons.
WeCOPE was a lifeline in a rough sea."

- WeCOPE participant

Learn about WeCOPE: health.extension.wisc.edu/wecope



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