

# POWERED UP COURSES



The Powered Up Parent program helps parents and caregivers:

- Better understand your child's video games
- Improve your relationship and communication with your gaming child
- Establish effective discipline strategies

The Powered Up Player program helps youth:

- Develop healthy gaming habits
- Create a stronger balance with gaming, other responsibilities, and physical and mental health
- Maintain healthy relationships with peers and parents/caregivers

## 2 simple steps to get started!

1. Access the courses by clicking [here](#) or scan the QR code.
2. Create a user name and password and you are ready to go!



Each self-paced interactive course is 2 hours. Powered Up Player is designed for age 10-18. If you have any questions, email [agrigorio@wctcoalition.org](mailto:agrigorio@wctcoalition.org)

Brought to you by the Region 5  
Problem Gambling Awareness  
Team and our partner CCPG



CONNECTICUT COUNCIL on  
**PROBLEM  
GAMBLING**