

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 Kathy Hanley khanley@wctcoalition.org

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



CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**