Have you visited our website?



The Listening to Families videos provide answers to everyday questions about health and wellbeing challenges facing children and adolescents. The questions the videos answer are real – they come directly from families. The answers are provided by trusted specialists.

Designed for families, and for educators and health professionals working with young people, Listening to Families connects you with trusted specialists, empowering individuals, whānau and communities with advice and support.

Check out our free video resources here:



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