



Anouk Briere-Godbout

Owner of Family Moments – Support
and Community for Parents of
Emotionally Intense kids



Host of the Podcast and Retreats
"Parenting the Intensity"

I'm a mom of 3 amazing and emotionally intense kids, I have a master's in social work and I've been supporting parents for 15 years.

I support parents of emotionally intense kids for whom nothing in the "general parenting advice" seems to work so they feel confident in trying different things that fit their kids' needs better.

I'm also the host of the "Parenting the Intensity" podcast

AS READ OR
HEARD ON

Click
Community
Blog

THE POWER OF
KIDS BOOK
PODCAST

Love after
Lullabies
Podcast

BEAUTIFULLY
COMPLEXE
PODCAST

Signature topics

- ✓ Parenting emotionally intense kids
- ✓ Parental confidence and advocacy
- ✓ Need and values based parenting
- ✓ Parents self care and regulation
- ✓ Impact of society, community and support on parenting

Let's Work Together!

Please feel free to contact me for any questions or collaborations.

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🌐 www.familymoments.ca

Brand values

- Down to hearth
- Community and connection
- Uniqueness and diversity
- Non judgment and Inclusivity

