



# Summer 2022

Early Childhood, Mental Health, Executive Function & Social Groups



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# Early Childhood

Skill development through active music making!

## LITTLE LYNKS (AGES 2-5)

This parent & child group focuses on learning through play! Children will practice social, cognitive, & communication development through instrument play, story-telling, singing, and sensorimotor fun. Prepare to rock & roll with your little one while fostering development in a unique way!

**SATURDAYS 9:30 - 10:15AM**

**\$30/GROUP**

## SENSORY SING & SPEECH (AGES 2-4)

Led by a board-certified music therapist, speech therapist, and occupational therapist; this group will focus on communication and language development through music, movement, and play! Insurance billing and private pay options available.

**MONDAYS & WEDNESDAYS @ 10:30 - 11:15AM**

**TUESDAYS & THURSDAYS @ 10:30 - 11:15AM**

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# Social Groups

Inclusive social experiences for all ages!

## SOCIAL DYNAMICS

Social Dynamics groups use a neuro-affirming and strengths-based approach to support social/emotional learning. Peers will learn age-appropriate strategies for engagement and fostering healthy relationships with a focus on self-monitoring and expression!

**LEVEL 1: AGES 5-7 SATURDAYS 1:15 - 2:00PM**

**LEVEL 2: AGES 8-10 SATURDAYS 12:00 - 12:45PM**

**LEVEL 3: AGES 11-13 SATURDAYS 10:30 - 11:15AM**

**\$30/GROUP**



## SOCIAL SKILLS ROCK (AGES 13-18)

Social Skills Rock! is for the teen in your life who is looking to work on social skills, emotional regulation, and emotional expression through a unique rock band-style group. Participants will engage in lyric analysis, songwriting, and instrument play - all while bonding and socializing with peers!

**WEDNESDAYS 5:00 - 6:00PM**

**\$40/GROUP**

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# Mental Health

Self-expression, regulation, and more through music!

## SONGWRITERS ROOM

This is the perfect place to let unprecedented experiences become incredible music! Writers will work together to create original songs using their talents and recording technology. Explore all of the steps that come with making the perfect song to support social, emotional, and academic needs!

**MIDDLE SCHOOLERS** MONDAYS @ 6:15 - 7:00PM

**\$30/GROUP**

**HIGH SCHOOLERS** WEDNESDAYS @ 6:00 - 7:00PM

**\$40/GROUP**

## THE LYNK UP (AGES 14-19)

A group for teens and young adults struggling with mental health needs to meet, find community through music, and engage in emotional expression. Participants will learn a variety of coping skills to manage anxiety, improve self-regulation, and increase overall emotional understanding.

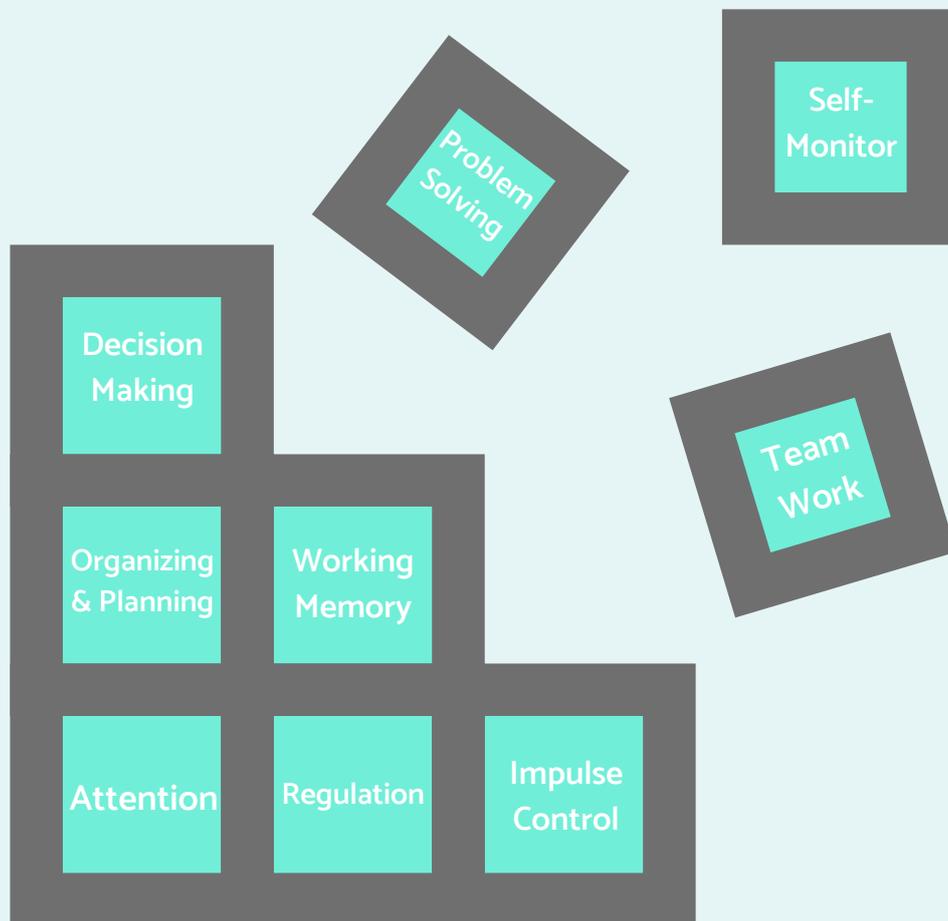
**THURSDAYS 6:15 - 7:15PM**

**\$40/GROUP**

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# Building Blocks of EF

Executive functions are a set of mental skills that help us with everyday tasks, social interactions, cognitive demands, and emotional understanding. Group members will work on EF skills through music, play, and teamwork! Led by a Board-Certified Music Therapist and Occupational Therapist. Insurance billing and private pay options available.

**LEVEL 1: AGES 8-10**

MONDAYS 5:15 - 6:00PM @ DYNAMIC LYNKS - OAK PARK

**LEVEL 2: AGES 11-13**

TUESDAYS 6:00 - 7:00PM @ POP - FOREST PARK

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# Meet Our Team



## **Alyssa Stone, MT-BC, CYT 500**

Owner & Founder, Clinical Director

Alyssa is a Neurologic, Board-Certified Music Therapist, educator, and yoga instructor. Alyssa is currently researching executive function skill development through neuro-science informed techniques for neurodivergent individuals. Alyssa's passion lies in celebrating neurodiversity and providing the best therapeutic services to help all individuals reach their fullest potential!



## **Ava Marvin, MT-BC, CYT 200**

Internship Director & Student Coordinator

Ava is a Board-Certified Music Therapist and Certified Yoga Instructor with a wide range of experiences working with children, adolescents, and adults. Ava's holistic approach is focused on viewing individuals as a whole person within the context of their life circumstances, and celebrating differences.



## **Shelby Jordan-Lake, MA, MT-BC**

Music Therapist & Mental Health Therapist

Shelby joins team Dynamic Lynks this Summer 2022 after completing her Master's in Music Therapy and Counseling from Lesley University. Shelby completed her year 1 internship at Dynamic Lynks and is eager to continue supporting the wonderful families she's gotten to know!



## **Emily Padilla, MTI**

Music Therapy Intern

Emily is in her final steps of becoming a board-certified music therapist and is completing her 1,020 hour internship at Dynamic Lynks! Emily is a passionate hard worker who supports our group and individual clients at Dynamic Lynks. She uses a multi-modal approach to target a variety of skills!

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*Sign Up  
Today!*



Registration is done on a rolling basis. To enroll  
in a group, email Alyssa Stone  
[alyssa@dynamiclynks.com](mailto:alyssa@dynamiclynks.com)

Your first group is always FREE to see if it is the  
right fit for your needs

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