

INDIVIDUAL AND GROUP MUSIC THERAPY FOR ALL AGES



MENTAL
Health



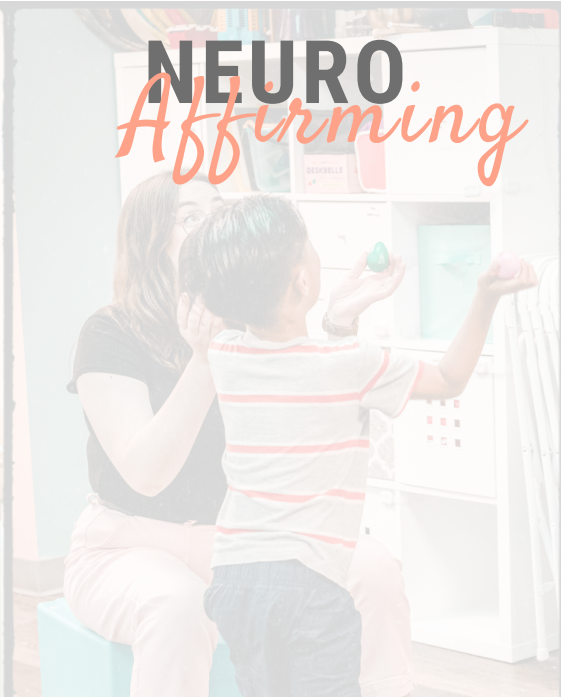
YOUNG
Adults



SOCIAL
Exploration



EARLY
Childhood



NEURO
Affirming



TEENS
& Tweens

**EMAIL [INFO@DYNAMICLYNKS.COM](mailto:info@dynamiclynks.com)
TO SCHEDULE A FREE CONSULTATION**



EARLY *Childhood*

Dynamic Lynks' ages 2-6 programming focuses on learning through play! Children will practice social, emotional, cognitive, motor, & communication development through instrument play, story-telling, singing, and sensorimotor exploration.



The joy of music therapy is that your kid gets to be a kid! They will learn, grow, and thrive in an environment where their uniqueness is valued, their strengths are supported, and their goals are challenged.

We offer a diverse range of 1:1 and group therapy programs to best support each child we meet!
Programs start as low as \$35

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SOCIAL *Exploration*

Dynamic Lynks takes a neuro-affirming and strengths-based approach to support social & emotional learning.

In 1:1 sessions, therapists explore emotional expression, build joint & reciprocal engagement, and support each individual's social motivations through client-centered experiences.

In groups, peers practice age-appropriate strategies for engagement and fostering healthy relationships with a focus on self-monitoring and expression!

In both 1:1 sessions & therapy groups, this skill work is done through play, natural opportunities for peer relations, and a psycho-education style of social skill learning. Programs start as low as \$35



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TEENS & *Tweens*

Tween & Teen programs at Dynamic Lynks use music for self expression, supporting social connection, identity exploration, and building confidence through strengths-based approaches.

Music Therapy groups provide opportunities to practice, learn about, and grow the social skills of creative collaboration, compromising, and social communication while connecting with peers who have a similar interest in music!

Tween & Teen programs use the creation of music, recording technology, electronic music making, as well as live instrument play to reach a diverse range of goals. Programs start as low as \$35

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MENTAL *Health*

Mental health is a broad category that includes the well-being of a person's psychological and emotional state. At Dynamic Lynks, we specialize in using music therapy to encourage overall well-being for our clients and to address a range of mental health needs.

Sessions might include lyric analysis, improvisational instrument play, music-assisted relaxation, and more to support diverse mental health goals.

Our therapists are able to use these interventions to facilitate emotional expression that may be difficult to talk about using words alone.

Clients also gain take-home resources and tools to help improve their daily lives.



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YOUNG *Adults*

We know skill building doesn't end in childhood. Our team is proud to support young and emerging adults as they continue to grow their therapeutic, social, regulation, and communication skills. Our adult services focus on the challenges facing neurodiverse, autistic, and disabled adults.



Sessions and groups provide the opportunity to to meet, find community, and build connection through music. Participants will learn a variety of strategies to support their social motivations, grow their toolkit for regulation, and build confidence through active music making.

Programs start as low as \$35

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NEURO *Affirming*

Above all else, our team at Dynamic Lynks celebrates neurodiversity in all group and individual programs!

We use a strengths-based approach to meet each person where they are so they can achieve their fullest potential.

Our comprehensive assessment period and focus on building effective social dynamics ensures each participant in our programs finds the best fit for their needs & desired outcomes!

Our team works with you, your family, and the other members of your therapy team to create a holistic care plan that supports FUNctional skill development.



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LYNK UP *With Us*



Schedule a free consultation to learn more
about the power of music therapy
to support your goals

**EMAIL INFO@DYNAMICLYNKS.COM
TO MEET US IN THE MUSIC!**