

Testimonials of Heidi's work in groups and privately

“The group enables the brain injured to communicate and interact with each other. It is very useful to have people that with others going through the same or similar circumstances, because they can understand and relate to the situation and feelings.”

Aole E.

“I found going to this group helped me realize that other survivors, like me, share similar effects. Heidi facilitates strategies to overcome our barriers and presents them in a cool and light-hearted manner.”

Cory L.

“Gray Matters group inspires and supports my continued survival post-TBI. New friends, common struggles and goals, hopeful inspiration, and often great snacks enable and motivate survivors' recovery and growth!”

Matt W.

“The Gray Matter Support Group was my first introduction back to group life. It was a simple, supportive and a quiet way to be around people again. I was able to practice telling my "brain" story in a safe place and around people who knew what I was going through as I healed.”

Barb B.

“In the group, I have learned first that we are not alone with our injuries. When we are in the group, it is real, raw truth, with no concocted images of ourselves. Additionally, I have become conscious of not letting other people discourage me from optimizing my recovery, by suggesting that I can't do things due to my brain injury.”

Howard M.

“Heidi is such a gentle soul, and she cares what you are giving to brain injured people. I am very grateful for Heidi as an instructor. She knows what she is doing.”

Gratefully,

Lynn J.

“Heidi is insightful and is great at getting to the crux of matters. She helps you see things in a positive light. Her own real life experience helps her to not only understand and empathize with your challenges, but assists you in coming up with practical solutions.”

Shawn. D.

“I have been a part of the Gray Matters Support Groups since meeting Heidi Lerner at a “Walk for Thought” fund raiser for brain injury awareness, approximately four years ago. I have experienced many positive changes since meeting her which have changed my life and many others.

“I have admired her knowledge and ability to communicate regarding functional issues in a very individualized manner with each person she addresses. She has a way of identifying

people's strengths and really motivating others to succeed in their rehab. She is sincere, caring, intelligent, has a wonderful sense of humor and gives 'the glass is half full' attitude of inspiration.”

Diedre F.