

Author Event

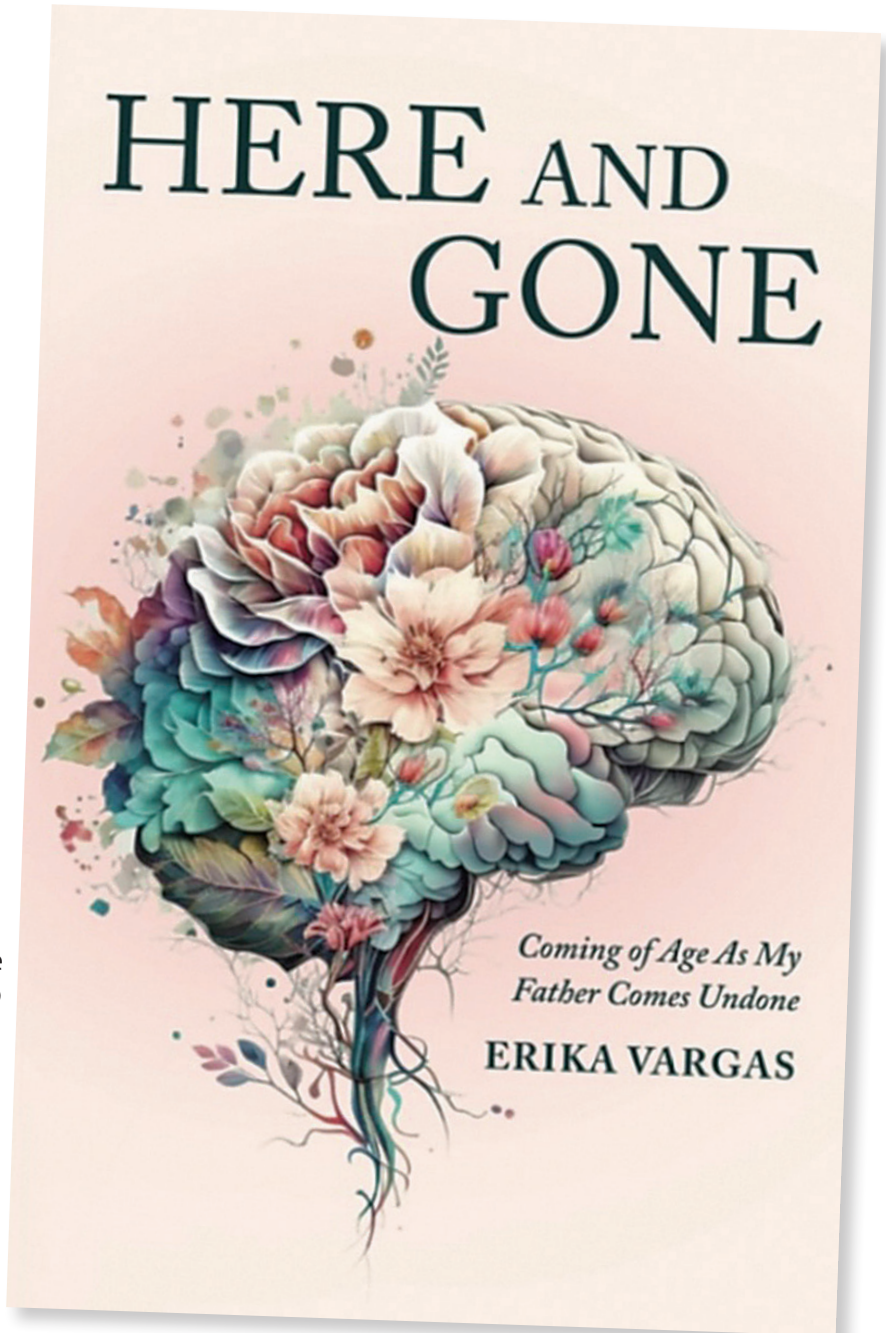


Erika Vargas

**Saturday,
December 2
2-3pm**

Erika Vargas is a licensed mental health counselor in Massachusetts. Her recently released memoir, *Here and Gone: Coming of Age As My Father Comes Undone* is a candid telling of the unmaking of her beloved father, who faded away before her eyes due to a neurological condition that, initially, no one could seem to name.

This memoir explores the marked impact an illness can have on the mental health of the sufferer's loved ones. Erika was seventeen, an only child, and knew no one her age who was living a similar experience. While navigating ambiguous loss initially led to Erika's own unraveling, ultimately, she was able to turn something painful into something purposeful. *Here and Gone* welcomes readers to embrace their true feelings—not just those they believe they are supposed to have.



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