

*Please, Dad. Help me.  
Dry my tears.  
Please, Dad. Help me.  
Sedate my fears.*

*Please, Dad. Help me.  
I can't stop crying.  
Please, Dad. Help me.  
I'm afraid of dying.*

*Dad, dear. Save me.  
I feel so lost  
Dad, please. Save me.  
Whatever the cost.*

*I'm sad and crying.  
I just can't stop.  
I'm really not lying.  
This poem's a flop.*

*Patricia Larsted*

*"Intimate"*  
*"Heartbreaking"*  
*"Empowering"*

# *Witness to the Dark*

## **My Daughter's Troubled Times**

### **A Comedy of Emotions**

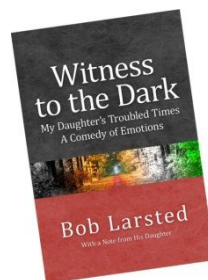
Join us for a conversation with author Bob Larsted about his daughter's battle with sadness, cutting, and suicide attempts; depression, bipolar, and schizoaffective disorders. Mix in a little OCD, a lot of anxiety, and share their journey through the minefield of school, family, and today's healthcare system as he searches to understand her darkness and helps her find ways to survive -- and thrive -- with psychosis.

**Thursday May 9<sup>th</sup> 7-9pm**

**Employment Options, 82 Brigham Street, Marlborough MA 01752**

This event is free and open to the public. Refreshments will be served

**For more information, please contact NAMI MetroWest (508) 485-8700 or  
judi\_maguire@waysideyouth.org (508) 215-6008**



*Witness to the Dark*  
*by Bob Larsted*  
**Available at**  
**amazon.com**

