

# FROM “DRINKING FOR FUN” TO DEPENDENCE, A MOTHER AND SON SHARE THEIR STORY

Tonka CARES invites you to join the Minnetonka community as we welcome authors Chris and Toren Volkmann, Tuesday, February 28, 7– 8:30 p.m., MHS Arts Center.

The Volkmanns, like many of us, enjoyed wine with dinner, drinks with friends, beer and BBQs – alcohol was an everyday part of their lives. When their son Toren started drinking in high school, they struggled with how to respond. Toren’s drinking escalated in college without his parents realizing it, and spun out of control in the Peace Corps, where he was sent home. Hear how they eventually came to terms with the many elements that contributed to Toren’s addiction: an early start, family and community norms, campus life, cultural glamorization, and heredity. Discussing the complex role of alcohol in our families and society is challenging. Gain real-world insights into the complicated and sly role of alcohol in our lives and the impact it may have on our children.



Author Toren Volkmann will meet with students during the day and join his mom in an evening presentation to the community.

- Community presentation Minnetonka High School, Art Center on 7, 18301 West Highway 7, Minnetonka, MN – use the parking lot in front of the high school. 1.5 Continuing Education credits offered.
- Buy the book “From Binge to Blackout – A Mother and Son Struggle with Teen Drinking” in the Tonka CARES web store [www.tonkacares.org](http://www.tonkacares.org)
- Community discussions Tuesday nights at Caribou “north” – on 101 near Minnetonka Blvd. Feb. 14, 21, Mar 6, 13, 20, and 27 from 6:30 – 8 p.m.
- Meet the Mom – Author Chris Volkmann informal Q and A, Tuesday, Feb 28, 9:30-11a.m. and 1:30-3:00 p.m. at the District Service Center, Community Room. 5621 County Road 101, Minnetonka.

## FOR MORE INFORMATION,

please contact [shirley.snyder@minnetonka.k12.mn.us](mailto:shirley.snyder@minnetonka.k12.mn.us)



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[www.tonkacares.org](http://www.tonkacares.org)

