

Our vision is for a Paruresis free world. Until then, people with shy bladder will live life to the fullest.



---

## "Freedom Press" eZine

January 2019

---

T  
H  
A  
N  
K  
  
Y  
O  
U

### 2019 Campaign

Well, miracles do happen! We crossed the finish line and were able to raise the match to the \$50,000 challenge pledge, and then some!

We are so proud of our board, our staff, our members, and the IPA community for having achieved this amazing feat. Between the money raised during the challenge grant, and the money we had already raised before the challenge started, the IPA, for the first time in its history, raised over \$100,000 during its annual fund drive. Adding the \$50,000 we will receive in challenge money from our very generous donor, the organization will have an annual operating budget of over \$150,000 in 2019, almost twice what we have had in the past!

### Workshops

Our 2019 Workshop Schedule is here!

- April 26-28 ~ Los Angeles/Spring with Scott Beardsley
- May 17-19 ~ Baltimore with Dan Rocker & Carl Robbins
- June 28-30 ~ Detroit with Steve Soifer (Updated dates!)
- July 19-21 ~ San Francisco with Scott Beardsley
- Aug. 9-11 ~ Kansas City with Steve Soifer
- Sept. 6-8 ~ Los Angeles/Fall with Scott Beardsley
- Oct. 4-6 ~ Philadelphia with Dan Rocker

[Use this link to get: \*Registration/Fee Information.\*](#)

[Use this link to read: \*What happens at a workshop?\*](#)

[Use this link to read: \*Success Stories.\*](#)

IPA News



Raising over \$150,000.00 is truly a milestone for the IPA. We have realized the next level of development, putting us into a new era for the organization. Where it takes us we'll have to see, but rest assured that the IPA board, which is going through a strategic planning process, will use the money wisely and figure out the best way to grow the organization. As the planning process unfolds, we will share and seek members' input as well.

Coming soon! A members only section on IPA's website! Keep an eye out for more information.

## You're Not Alone

I have had paruresis my entire life. Looking for support and advice.  
by TimidFawn501

I have had paruresis my entire life. It began when I was 2 years old. I was never ever able to use the bathroom any of my school years: Kindergarten through 12th grade....never used the bathroom not even once at school. Add on another 4 years for college....never ever used a bathroom there either.

When I lived with my parents, I only used the bathroom once or twice a day. Once in the morning if parents had left for work and once at the middle of night when I was certain that my parents were asleep. I could not even go if they were home or awake. I learned from a very young age that liquids make pee, so I drank very little...[Read the rest here!](#)

[To join the IPA Talk Forum go here to register. It's free!](#)

**USA TODAY**



## Paruresis News

Using a urinary catheter on an airplane might feel embarrassing but isn't necessarily a problem that prohibits air travel, according to the International Paruresis Association. You need to make sure that all equipment you bring on board meets Transportation Security Administration guidelines and follow some basic hygiene steps during the flight...[Read the 7 steps here on USA Today!](#)

## Great Nonprofits

Thank you so much to all who helped! IPA is now a top rated nonprofit for 2018! [You can read our reviews here.](#)



