

1996 • Celebrating 25 Years • 2021

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them .

September 2021

**"You Are NOT Alone!" | Save the Planet – Use a Urinal
NC Live Workshop - Nov. 12-14 | Virtual Support Meeting Sunday
Maximum Impact**



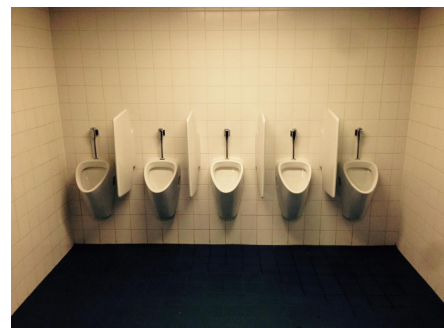
Support Groups Picking Up!

"You Are Not Alone!" has been the primary message of the International Paruresis Association for 25 years. That statement is true now more than ever. Proof of that fact is in the creation of new support groups in Denver, on Long Island, and in Cleveland. And, as you know "International" is in our name, a reconstituted group is forming in France. "No!" "Oui!!!"

Through the yeoman-like work of Support Group Coordinator, David Kliss, our support group list is constantly updated and validated. Click [here](#) to search for the group near you. Can't find a group to suit your needs? See below for our next Virtual Support Group on zoom THIS Sunday, October 3 at 9 PM Eastern US Time. See you there!

Why Use Urinals? It's Saving the Planet

For those who suffer from Paruresis, successfully using a public urinal can be a life goal. Here's another reason to keep your graduated exposure practice on track: urinals use less water. Less water means saving the planet. Therefore, graduated exposure practice at a urinal means you are a climate change warrior. Read more in the "Green Living Guide" article, "Real Men Pee on the Wall Because it Saves the Earth."



"Raise your hand if you're the one who goes into the stall to avoid the row-o-urinals in public bathrooms.

"Don't be shy...wait a tick, is that the reason you use the stall in the first place?"

"It's true, that shy bladder could be contributing to that carbon footprint in a big way.

"No worries though mates, with all the interesting urinals out there, conserving water was never more fun..." Read on [here](#).

Mobile users, please scroll to fully see all offerings and reminders.



Register Now for Fall Live Workshops

Winston-Salem, NC:
November 12-14

*Leader: Roger Merritt, MA,
LCMHC*

Palm Springs, CA:
December 3-5, 2021

*Leader: Steve Soifer, Ph. D.
LCSW*

Registration Link Coming Soon

You'll find details on pricing, early bird promotions, and workshop content by clicking the links above. Registration is through eventbrite. Want to be added to the future workshop announcements list? Fill out our [Workshop Interest](#) form!

Virtual Support Meeting:

THIS Sunday, October 3, 2021
9 PM US ET | 8 CT | 7 MT | 6 PT

Whether you are a support group leader looking for ideas or an individual looking to connect for virtual or in-person practice times, this is the meeting for you! Hosted by our incomparable group and virtual support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Fill out the [Contact the IPA](#) form for the link or check the [members site support page](#).



Shy Bladder Center Spotlight: Roger Merritt, M.A., LCMHC

This month, we're pleased to spotlight Shy Bladder Center Therapist, Roger Merritt. Roger will be hosting our next Live Workshop in Winston-Salem,

NC the weekend of November 12-14. A licensed clinical mental health counselor, he has a solid and distinguished career in clinical counseling as well as an MBA. You can reach him directly at 336-682-6929 and shybladder123@gmail.com. Or better yet, click [here](#) to register for his Live workshop. Spaces are limited!



2022 Membership Drive in Progress! Why Become a Member?

The IPA is [here for anyone](#) who needs assistance in their walk with Paruresis. Other than workshops, our services are provided free of charge regardless of membership status. In early 2020, the IPA received a grant to be able to recruit nonprofit management expert - and longtime member - Tim Pyle as our executive director. Since that time we've been able take the IPA to the next level. What that means is response times typically less than one day for those who need help. And, we've been more efficient than ever with our operations and internal expenses.

Help the IPA continue to be fully funded for maximum impact. We have so much more to do in the areas of drug testing regulations, educating urologists, and helping secure the rights of those suffering from Paruresis in the justice system. Your tax-deductible gift can see that through. Give today!



How do I "join" the IPA?

*Simply make a donation of \$50 or more, and you're in!
Click the graphic and*

become a member today. Benefits include free resources and workshop savings - not to mention you are part of an amazing support system that spans 25 years and the entire globe!



REMINDER: It's never too late to make a gift to our long-term endowment fund or to contact us regarding estate planning gifts. Create a legacy that will last for generations.

Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
800-247-3864 or 443-315-5250
getinfo@paruresis.org

See what's happening on our social sites



Our Mission: The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.

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