

Celebrate with Us!
Saturday, October 29, 2022
11 a.m. US Eastern Time



Due to covid, we weren't able to truly celebrate our 25th Anniversary last year. On Saturday, October 29, we'll do just that with our "25+1" Anniversary Celebration. How are we going to celebrate? With a FREE online scientific symposium and member update starting at 11 a.m. US Eastern Time. Stay tuned for more details. For now, just save the date!

This event is FREE to 2022 and 2023 Members!

Privately and Securely
DONATE / RENEW / JOIN NOW!

Dr. Steve in beautiful Vienna, Austria!

Last chance - almost at capacity for Sept. 2-4 Weekend Workshop. Register today!

[Click here for details and registration.](#)



**"Freedom Press":
Catch-up on Past Issues**

We're reflecting, journaling, creating, and motivating each other with our monthly "Freedom Press" eZine. You'll find everything from cultural commentary to future plans, paruresis musings and more. Click [here](#) to access the back catalog.

Connect with others on Reddit

Today's fun fact: did you know the reddit mascot's name is "Snoo?" Join the conversation on our official reddit channel [r/ShyBladderIPA](#) and on the public [r/Paruresis](#). See you there!

