

1996 • Celebrating 27 Years • 2023

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.

December 2023

The "Black and White" Issue

No sciency article here
No women's resource article here
No workshop listing here
No free resource listing here

The Facts in Black and White

Why is this month's issue only in black and white? Because this month, we're laying out just the facts. No frills, no sugar coating. Without



sugar coating. Without your donations to the IPA, we can't support sufferers and their family members and friends around the world. Help us continue to provide professional resources and to allow us to connect you to global experts on Paruresis. If you've been an IPA "lurker" or "stalker", this is your invitation to become a member by making a contribution of \$100 or more today.

No graphic available without your

Live Workshops Go Dark?

Without your support, we can't host workshops around the world and virtually. Help us continue to offer these life changing experiences by making a donation.

Next Virtual Workshop

 Jan. 20, 10-6 ET click to register

2024 Schedule Coming Soon

While we run workshops as a breakeven program - not as a moneymaking venture - without your donation we won't have the infrastructure in place to promote and conduct these fantastic events.

support!

Women's Support?

While the majority of our members are men, the IPA and women's support coordinator, Andrea Weyant, host a growing group. Without your donation, we can't help our "sister" sufferers.

This is where we typically post a note that all of our leaders and IPA

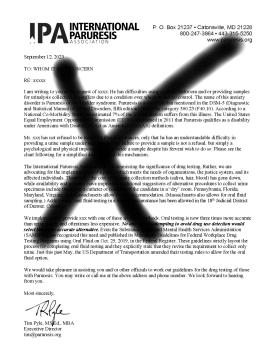
Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. But what if they weren't available to do that?

Still need to know more about the IPA before donating? Reach out to Tim directly at tim@paruresis.org or set up a zoom or phone meeting.

https://calendly.com/tpyle

NO PROGRESS ON DRUG TESTING at Companies, In the Courts, or In Prison!

In 2023, the IPA made great strides in the acceptance of oral fluid specimen testing in the workplace when the US Department of Transportation revised their guidelines. The DOT specifically mentioned our work in educating them about the employment struggles of those suffering from Paruresis. We continue to advocate personally for those being unfairly treated by court judgements that require urine testing, and especially for those in prison. Without your donation, those cries for help could be unanswered.



Click Here to Join IPA anonymously with a Donation Today!

We are trying to impress potential grant makers, so we've set a high goal of 500 members for the upcoming year. In the past, funders have asked, "If Paruresis is so prevalent, why don't you have more members?" If everyone who receives this eZine contributed, we would easily meet that goal, so your donation is very important to that cause.

With your donation of \$100 or more, you'll get access to our members only site. The site is the hub for all member benefits including access to classic Paruresis self-help books that were previously for sale. They are yours for free. Also, you'll get invitations to exclusive members only events with Paruresis experts from around the world. And, members always get the best savings on workshops.

Your donation is always anonymous and we never post or share our mailing list. Won't you join by making a donation today? Paruresis sufferers across the globe need your support!

An article you'd click on, if it were here . . .

We love to scour the internet for fun and useful articles and videos, but . . .



Useful Link

Oops, without your support, we can't provide useful links.



UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting -Can these continue to be free? With your support, they can!

Sunday, January 14, 2024

1 pm US ET | 12 CT | 11 MT | 10 PT

Your Host: Dave Kliss

All: This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated practice. Hosted by our incomparable support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Use the Contact the IPA form to request the link.

Women's Virtual Support Group Meetings Your Host: Andrea Weyant

Ladies: Many of our women members say they would prefer a sharing environment geared toward women. Shy Bladder Center member and certified health coach Andrea Weyant has been holding intermittent evening meetings for you! Use the Contact the IPA form to connect with Andrea and learn about the next Zoom gathering. Donate to support women with Paruresis!



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

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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