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1996 • CELEBRATING OUR 30TH YEAR • 2026

IPA INTERNATIONAL PARURESIS ASSOCIATION

*Shy Bladder Syndrome Education, Treatment
& Recovery – A nonprofit organization
dedicated to healing paruresis worldwide.*



“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.

May 2026

Paruresis Awareness Day: May 19
PAD Friends and Families Event
Farewell, Dilbert - One of Us!
EV Range vs. Bladder Range
Quick Hits: "Potty Mouth" & "Urinal Tree"
On the Road: Send us your photos

May is

MENTAL HEALTH MONTH

Featuring...

PARURESIS AWARENESS DAY

MAY 19TH, 2026

IPA INTERNATIONAL
PARURESIS
ASSOCIATION

[Mental Health America](#) founded Mental Health Month in 1949 and has led the effort every May to promote mental wellness nationwide in the US. Learn how to take action to improve your personal mental health or as part of the larger mental health movement with their [Mental Health Month Action Guide](#).

For Mental Health Month, the IPA selects one day in May each year to spotlight shy bladder syndrome by sponsoring **Paruresis Awareness Day**. This year we've targeted **Tuesday, May 19**. We're encouraging our [local support groups](#) to host a meet-up in their areas.

Also, we'd like each shy bladder syndrome sufferer to **think about just one person that they can share** their challenge with on that day. You'll find resources on how to do that at [this special webpage](#). As IPA Co-founder Carl Robbins says, "You can have your secret - or you can have your life!" Consider stepping out of your comfort zone on May 19th.

To cap off the day, the IPA will be hosting a special webinar open to all but specifically built to educate friends and family members about our struggles.

Paruresis Awareness Day Webinar

Tuesday, May 19, 2026 • 7:30 p.m. ET, 4:30 p.m. PT
Free and Open to All featuring . . .



IPA Co-Founder
Dr. Steven Soifer, PhD, MSW



IPA President
Dan Rocker, LCSW, MA

This event is for friends and family members of shy bladder syndrome sufferers. We know that our condition can be somewhat hard to grasp and with this event we aim to take some of the mystery out of it and provide concrete ways that those who care about you can help in your recovery. **Share this invite with them!** Featuring IPA Co-Founder Dr. Steven Soifer, PhD, MSW and IPA President Dan Rocker, LCSW, MA. Presentation plus Q&A (60 min.) **This event will be recorded for those who can't make it live.**

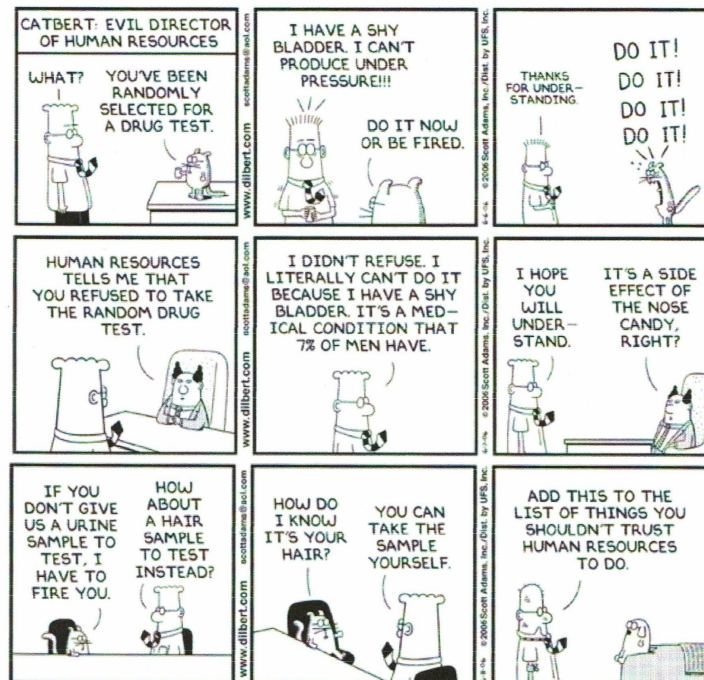
[Click to Register through Zoom](#)

How are we doing? Click the button below to let us know - good or bad. Help us get better for sufferers around the world!

[Talk Back Here!](#)

Farewell, Dilbert! One of us . . .

Scott Adams, the creator of Dilbert, passed away in January of this year. A shy bladder sufferer, Scott shared his journey in his podcast in April 2022. For him, disclosure was the key. You can watch his story [here](#). For posterity, here are the classic panels in Dilbert's shy bladder journey.



Upcoming Important Dates

Women's Support Group (FREE to ALL) - TBD
 Paruresis Awareness Day - Info for **Friends and Families Event** - May 19
All About Catheters with UroNurse Vic Senese - Members Only - June 16

October Anniversary Events for Members:

IPA 30th Anniversary Online Conference - Saturday, October 3
 IPA 30th Anniversary Board Meeting - Saturday, October 17 - Chicago

Watch your email - and your spam folder - for registration links to come! Not a member? Make a \$100 donation for event access, savings on workshops, and more.

Need more info?: hit reply to this email for details.

Donate to the IPA

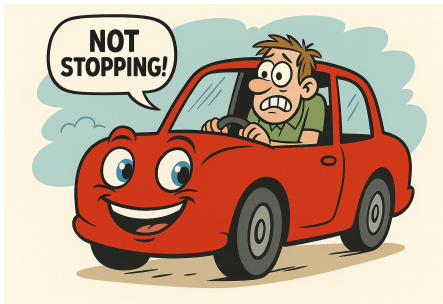
Donor Center

Click this button to manage your donation account from our official portal provider "CharityEngine." Your username is "First_Last". Gifts of \$100 or more give you access to the Members Only site. →→→

Members Only Site

Click this button to access the members only site with lots of classic IPA resources (audio, video, and print) as well as find workshop promo codes and the link to the monthly support Zoom. Sign in with your email address.

How did we miss this one? What is the relationship between how long you can hold it on a road trip and how far your EV can go on one charge?



Thanks to an eagle-eyed IPA Board member, we were able to surface [this article](#). "Urine

Charge! EV vs. Bladder Is a Whole New Kind of Range Anxiety" (Originally from Car and Driver, May/June 2024 issue). The core idea is surprisingly simple (and memorable):

Typical EV range can exceed what humans can comfortably drive without stopping. A modern EV like a Lucid Air can go ~400+ miles — which equals 5+ hours of highway driving. But: Most adults need a bathroom break every 3–4 hours. Even 4–5 hours is pushing it for most people.

So in many cases, your bladder—not the battery—is the limiting factor on road trips. I guess EV's need that in car toilet we shared last month - or at least a compartment for your "Stadium Pal." Happy car shopping!

UPCOMING WORKSHOPS and EVENTS

*Finances a problem?
 Inquire about the status of scholarships
 by completing our online form [here](#).*

What is a Shy Bladder Workshop? Learn More.

Thank you Nancy for being a pee-buddy in Detroit! Ladies, we won't let you down. Register for a workshop!

Date	Location	Format	Leader(s)	Details
June 6	Boston	Hybrid	Mike Hurd	Registration Open - this is a GO!
June 13	Charlotte	Hybrid	Roger Merritt	Pre-registration Open. Deadline Extended to May 18.
July 17-19	Seattle	Weekend	Roger Merritt	Pre-registration Open
Aug. 8	Online	Virtual	Dan Rocker	Pre-registration Open
Sept. 11-13	Baltimore	Weekend	Dan Rocker & Daniel Chazin	Pre-registration Open
Nov. 7	Atlanta	Hybrid	Roger Merritt	Pre-registration Opens Soon!

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Nov. 14	NY	Hybrid	Dan Rocker	Pre-registration Opens Soon!
TBA Q4	Perth, Australia	Weekend	Rom Noonan	Planned

Charlotte: We've extended the pre-registration deadline until Monday, May 18. We need 4 more registrations to make this event a GO! [Click here to find out more.](#)

Next Monthly Virtual Support Group Meeting - FREE!

Sunday, May 17

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

Your Hosts: David Kliss (Support Coordinator) and Steven Weinraub (West LA Support Leader)

All: This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated exposure practice. Hosted by our wonderful IPA board members David and Steven, 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. Feel free to leave your camera off and not talk if that's a good first step for you.

Weekly Virtual Practice-FREE!

IPA Program Assistant, Hassan, holds weekly online graduated exposure practice sessions. Join him most Saturdays at 11 a.m. PT/ 2 p.m. ET! followup@support.paresis.org

WOMEN'S Virtual Support Group Meetings

Your Host: Andrea Weyant
women@support.paresis.org

Next Meeting: TBD

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.

Women's Reddit Channel:
<https://www.reddit.com/r/paruresisinwomen/>

Local Support Groups

Find your local support group or contact person [here](#).

New group forming in **Pittsburgh:** Reach out to Paul
pittsburgh@support.paresis.org

Toronto meets June 7. Reach out to Jim
toronto@support.paresis.org

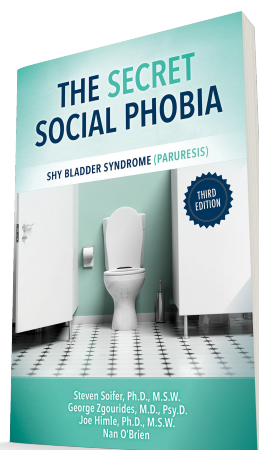
MetroNY also meets June 7 at Hudson Yards. Reach out to Dr. Steve
metroNY@support.paresis.org

Baltimore, St. Louis/S. Illinois, San Francisco, and others meet regularly in-person and online.

Live Workshop Notes

Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" We'll return all your funds if we don't make our minimum. Sign up today. See the graphic above.

All of our workshop leaders and IPA Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. Head over to the [Contact the IPA](#) form and we'll arrange it! Also, you'll find links to videos of leaders under their entries on the [Shy Bladder Center](#) page. They are fantastic experts and advocates for Paruresis sufferers around the world.



QUICK HITS from the IPA Inbox

Have a mention of our condition that you'd like to share? Email it to getinfo@paruresis.org.

Definitely NOT SAFE FOR WORK (NSFW)

I won't tell you which one of the IPA's highly respected volunteers and longtime board members sent this along. If you have strict guidelines on what you find humorous, this

The Urinal Tree in Sydney

The blokes from the recent workshop Down Under sent this photo along. It's from the QVB in the CBD. What's the QVB/CBD? I thought you'd ask:

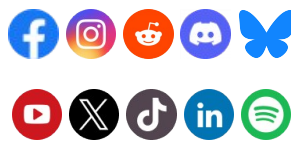
probably isn't for you. However, the German comic Mario Adrion does admit to his shy bladder syndrome, so that's a plus - even if he does have a "potty mouth." Guaranteed, not safe for work! Watch at your own discretion. Please know it's okay to laugh at our challenge. It's better than crying. With that lead in, you'll probably watch anyway . . . hit reply to complain.



The Queen Victoria Building (QVB) is an iconic, five-level shopping center in the heart of Sydney's Central Business District (CBD), stretching an entire block on George Street. Opened in 1898 to commemorate Queen Victoria's Diamond Jubilee, this Romanesque-style heritage building features a magnificent dome, stained glass windows, and over 140 boutiques, cafes, and restaurants. And, this fabulous urinal design perfect for your group's next team building exercise - or your own graduated exposure practice! Congrats Sydney workshoppers!



Hitting the road this summer? Send us your photos from your travels as examples to others of how you can still live out loud despite shy bladder syndrome! We'll post anonymously, of course: getinfo@paruresis.org or by text to 443-315-5250.



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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