​Online Meetings 'NURSES HELPING NURSES" with InTheRooms will be held every Tuesday of the month using InTheRooms. Join by following the instructions below:

**[InTheRooms](https://www.intherooms.com/home/%22%20%5Ct%20%22_blank)**
A Global Recovery Community
April L. known as “Apeswill”

* Find the site -intherooms.com- Google Chrome is needed.
* Create an account -log in
* User name can be anonymous and creative or just your name
* Choose a picture-can be real or avatar stock, or scenery, etc.
* Choose fellowship-optional
* Specific info can be entered or left blank. Ex: sober date, about me, homegroups/meetings etc.
* Find the app for your phone
* Site glitches
* IT support under “more” tab is the ITR Helpdesk, and at the top of page next to logout tab is a “support” tab.
* Join our group
* Find “apeswill” and friend me

**Once you are logged in:**
At the top of the page there is a blue ribbon of options to pick from: At the end there is a tab for “**more.”**In this tab you will find ITR video tutorials. You can pick from introduction, to how to set up an account to how to join a group, how to blog, etc.  Join “Nurses Helping Nurses” group found under “Groups at the top.

**Communication options:**

* **Instant Message**: IM is at the bottom of the page and is like texting
* **Private inbox**: The mail tab at the top of the page. This is like an email. Only you can see.
* **Notifications on your page**: This is the orange triangle at the top of the page. This is when a public message has been left on your page.
* These will light up red when there is a notification for you.

**Online Video Meetings:**

* Pick video meetings at the top of the page. A list of all available meetings will appear. Find Nurses Helping Nurses for meeting times. Live video meetings will flash on the top of the home page as well.
* See tutorial for video meeting instructions. In the video meeting there will be a preamble or an  “about us,” options for donation basket, a video convener/chair, and  other meeting goers.