

Previous research has shown that Black women use culturally specific ways to cope with stress. Using a Black feminist perspective, this qualitative study will focus on the informal coping mechanisms and resistant strategies that African American mothers use in everyday life to cope under environments with high levels of violence. Using data collected from one in-depth interview and a focus group of eleven African American mothers living on the Southside of Chicago, I identified three themes: (1) religiosity, (2) survival of self and (3) survival of children.