



Surviving in the Hour of Darkness: The Health and Wellness of Women of Colour and Indigenous Women

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Surviving in the Hour of Darkness: The Health and Wellness of Women of Colour and Indigenous Women addresses the health issues - physical, mental, emotional, and spiritual - of black women, First Nations women, and other women of colour. The book is a collection of scholarly essays, case studies, personal essays, poetry, and prose written by over 45 contributors. It illustrates, through the voices of many women, that gender, religious, cultural, and class background strongly influence how one experiences illness, how and when one is diagnosed, and how one is treated within the healthcare system. The book also focuses on the need for cultural sensitivity and inclusiveness in the delivery of health services.

Surviving in the Hour of Darkness :The Health and Wellness of Women of Colour and Indigenous Women aims to promote and generate knowledge with and about minority women while identifying key strategies for promoting their health, thus contributing to a broader understanding of how the experience of being a minority woman affects one's health and well-being.

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Jessica Peacock:

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Christopher Decker:

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