A significant aspect of urban population are women who live in a situation marked by historic marginalisation and numerous deprivations. Women and girls frequently experience the most horrible consequences of slum life, for instance, little access to clean and safe water, insufficient sanitation and public health, un-employment, tenure insecurity and gender-based violence (GBV). This study examined the challenges of slum dwelling faced by women in Kpakungu, Minna, Niger State, Nigeria. This was done by identifying the challenges that affect their quality of life and their coping strategy, with a view to provide recommendations for developing innovative interventions, guidelines for policy towards enhancing the quality of life of the women and girls. A mix of qualitative and quantitative method of research was applied in the study. Participants were grouped according to preselected criteria used to select 20 groups of women comprising of 10 persons per group with which focus group discussions (FGDs) were conducted. An in-depth interview (IDI) was conducted with the leaders of each group to supplement the interview data. The retrieved audio data and field notes, were coded and transcribed into computer files. Our findings are presented using tables, charts, photos and by means of a narrative approach which included quotes from some of the interviewees for the open ended questionnaires. Results of our study show that the challenges faced by the women in the study area include: inadequacy of potable water, unsanitary environment, poor housing condition, poor road conditions and drainage, redundancy due to poor education, unemployment. Their coping strategies are establishment of: self-help groups, religious groups, family intervention, women empowerment schemes. We recommended: strengthening self-help groups to promote effective participation of women in alleviating poverty in the slum, provide safer environments for women resident in the slums and improve access to basic amenities and advocacy of policy interventions by government and non-governmental organisations on gender mainstreaming and how it can improve slum conditions and alleviate poverty.