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**24 HOUR NEWBORN CARE**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Kimberly's Night Nurse	Kimberly	Montreal	(514) 501-6254	<a href="mailto:Kimberley.sweets@hotmail.com">Kimberley.sweets@hotmail.com</a> <a href="http://www.Nurses.ca">www.Nurses.ca</a>

**BAKERY / BAGELS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Brossard Bagel	George Grant	Brossard	(450) 465-7778	<a href="https://www.facebook.com/brossardbagelshop/">https://www.facebook.com/brossardbagelshop/</a> <a href="mailto:brossardbagel@hotmail.com">brossardbagel@hotmail.com</a>
<b>2</b>	MTL Bagel	Glen Spence	Montreal West	514-903-2525	<a href="https://mtlbagel.ca/">https://mtlbagel.ca/</a> <a href="mailto:glenn@mtlbagel.ca">glenn@mtlbagel.ca</a>
<b>3</b>	Island Organix	Anthony & Allison Campbell	Montreal	(514) 618-1709	<a href="https://www.islandorganix.com/">https://www.islandorganix.com/</a>
<b>4</b>	Spicee		Montreal	(514) 739-9714	<a href="https://boulangerie-spicee.edan.io/">https://boulangerie-spicee.edan.io/</a>
<b>5</b>	Mr. Patty	Mr. Bailey	Montreal	(514) 483-2323	<a href="https://mrpatty.com/">https://mrpatty.com/</a>
<b>6</b>	Mama J's Cake	Jacqueline Stennett		514-443-0301	<a href="mailto:mamajscake@yahoo.com">mamajscake@yahoo.com</a>

**BOOKS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Ouverture with the Arts	Akilah Newton	Pierrefonds	(514) 889-8678	<a href="http://www.akilahnewton.com/">http://www.akilahnewton.com/</a>
<b>2</b>	Seven State Productions	Audley Coley	Pierrefonds	<a href="mailto:phoenix12quilt@icloud.com">phoenix12quilt@icloud.com</a>	<a href="https://audleycoley.ca/">https://audleycoley.ca/</a>

**CAR REPAIR**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	DW Auto	Delroy Webley	Montreal	514 704 1523	Dwauto.ca
<b>2</b>	PB Mobile Detailing	Peter Barrett	Montreal	(514) 945-3071	<a href="mailto:peter@pbmobiledetailing.com">peter@pbmobiledetailing.com</a>
<b>3</b>	Barry's Rustproofing	Kirk Gayle	Montreal	(514) 344-1168	No website/email
<b>4</b>	5 Etoiles Centre Service	Uton Mclean & Dalton Johnson	Chateauguay	(450) 691-7776	No website/email

**CATERING / RESTAURANT**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Cool Runnings Restaurant	Jamaica Association / Mark Henry	Montreal	(514) 737-8229	<a href="https://jam-montreal.com/cool-runnings-restaurant">https://jam-montreal.com/cool-runnings-restaurant</a> * <a href="mailto:jamcoolrunningsrestaurant@gmail.com">jamcoolrunningsrestaurant@gmail.com</a>
<b>2</b>	Bigga Taste (Catering, Caribbean Food & Juices)	Andrea Rhoden	Montreal	(514) 690-8334	<a href="mailto:Andrea3631@gmail.com">Andrea3631@gmail.com</a>
<b>3</b>	Jahmiz	Karlene Kerr	Pierrefonds	(514) 993-3491	
<b>4</b>	Fusion caribbean	Byron Spence	Lasalle	(514) 669-4444	<a href="http://Fusioncaribbeankitchen.ca">Fusioncaribbeankitchen.ca</a>
<b>5</b>	Mango Bay	Courtney & Rupert Edwards	Montreal	(514) 875-7082	<a href="http://Mangobayquebec.com">Mangobayquebec.com</a>
<b>6</b>	Frontline Restaurant	Ezra Flemmings	Montreal	(514) 736-5720	No website/email
<b>7</b>	Boom J Cuisine	Jermaine Wallace	Montreal	(514)730-6524	<a href="https://www.boomjscuisine.ca/">https://www.boomjscuisine.ca/</a>
<b>8</b>	Caribbean Tasty Treats	Dave Campbell	DDO	(514) 542-4410	
<b>9</b>	Carib Patties	Peter Francis	Lasalle	(438) 387-4004	<a href="http://www.caribpatties.com/">http://www.caribpatties.com/</a>
<b>10</b>	Traiteur Vicky	Patricia Dawkins	Lasalle	(514) 364-1544 <a href="tel:(514)727-1230">(514) 727-1230</a>	<a href="https://lincolncuisine-catering.business.site/">https://lincolncuisine-catering.business.site/</a> <a href="mailto:dawkinsbonnerpatriciac@gmail.com">dawkinsbonnerpatriciac@gmail.com</a>
<b>11</b>	JamRock Restaurant	Peter	Chateauguay	(450) 201-7625	<a href="mailto:jamrockrestaurantqc@gmail.com">jamrockrestaurantqc@gmail.com</a>
<b>12</b>	One Stop Caribbean Cuisine	Karl Lewis	Montreal	(514) 365-3636	<a href="http://Onestopcaribbeancuisine.com">Onestopcaribbeancuisine.com</a>
<b>13</b>	Owen the Seafood Man	Owen Martins	Montreal	(514) 569-0456	<a href="mailto:Owen-j1@hotmail.com">Owen-j1@hotmail.com</a>
<b>14</b>	JamJerk Restaurant		Montreal West	(514) 419-2494	<a href="http://Restojamjerk.com">Restojamjerk.com</a> <a href="mailto:jamjerkresto@gmail.com">jamjerkresto@gmail.com</a>

Phone: 514-737-8229 \* Email: [info@jam-montreal.com](mailto:info@jam-montreal.com) \* Website: [www.jam-montreal.com](http://www.jam-montreal.com) \*

FB Page: [www.facebook.com/jamaicaassociationmontreal](https://www.facebook.com/jamaicaassociationmontreal) \* Instagram: [@jamaicaassociationmontreal](https://www.instagram.com/jamaicaassociationmontreal) \* YouTube: [Jamaica Association of Montreal](https://www.youtube.com/Jamaica Association of Montreal)

## JAMAICA ASSOCIATION BUSINESS OWNERS & PROFESSIONALS (JABOP), 2023

15	MTL Yardie	Glen Spence	Cote St. Luc		<a href="https://mtlyardie.ca">https://mtlyardie.ca</a>
16	Lasalle Caribbean	Byron	Lasalle	(514) 439-4818	
17	Sarah Cuisine Créole		Montreal	438-882-1905	
18	Restaurant Plantana senc		Montreal	(438) 380 5223	
19	Maison du Cari des Caraïbes	Ian Parris	Montreal	514-733-0828	<a href="https://maisonducari.com/">https://maisonducari.com/</a>
20	Caribbean Paradise	Babita & Dana	LaSalle	<a href="tel:5143638080">(514) 363-8080</a>	<a href="https://caribbeanparadiserestaurant.ca/about/">https://caribbeanparadiserestaurant.ca/about/</a> <a href="mailto:info@caribbeanparadiserestaurant.ca">info@caribbeanparadiserestaurant.ca</a>
21	Jamaican Caribbean Homestyle	Lilian Craddock	LaSalle	514.439.4818	<a href="mailto:lilliancraddock.84@gmail.com">lilliancraddock.84@gmail.com</a> <a href="https://jamaicancaribbeanhomestyle.com/">https://jamaicancaribbeanhomestyle.com/</a>

### COMMERCIAL CLEANING SERVICES

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	CB Services	Conroy Barnes	Montreal	(514) 653-1497	<a href="mailto:Cbservices@hotmail.com">Cbservices@hotmail.com</a>
2	Lady D	Sonia Boyne	Montreal	514-702-4914	

**CLOTHING / FASHION**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Swagg City – Jah One	Moses Gideon	Montreal	514 419 1586	
<b>2</b>	Carlton Fashions	Carlton Daley	Montreal	(438) 995-0045	<a href="mailto:carltonfashion@.com">carltonfashion@.com</a>
<b>3</b>	Keithy & Ceandy	Boutique Espace Urbaine	Montreal	(514) 274-8529	<a href="mailto:espaceurbainmontreal@gmail.com">espaceurbainmontreal@gmail.com</a>
<b>4</b>	Shako montreal	Shako	Downtown Montreal	(438) 794-6998	<a href="http://www.shakomontreal.com">http://www.shakomontreal.com</a>
<b>5</b>	Amesika design	Amesika Beckley	Montreal	514 573 4950	<a href="http://www.amesika.com/amesikadesign@gmail.com">http://www.amesika.com/ amesikadesign@gmail.com</a>

**DENTAL CARE**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE/EMAIL</b>
<b>1</b>	Centre Hygieniste Dentaire	Freweini Gebreamlack	Lasalle	(514) 875-5788	<a href="https://hygienistmontreal.com/en/info@hygienistmontreal.com">https://hygienistmontreal.com/en info@hygienistmontreal.com</a>

**DJ SERVICES**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE/EMAIL</b>
<b>1</b>	Mark Passion		Montreal	(514) 808-3284	
<b>2</b>	People’s Choice	Kenneth Baltimore	Vaudreuil	(514) 226-6976	

**DOCTORS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE/EMAIL</b>
<b>1</b>	P.E. Santé Inc	Marie Francisque	Montreal	(438) 871-9724	<a href="http://www.pesanteinc.com/">http://www.pesanteinc.com/</a>

**GROCER**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Marche Colonnade	Tim Sobers	Pierrefonds	(514) 624 – 7689	<a href="mailto:T.sobers79@gmail.com">T.sobers79@gmail.com</a>
<b>2</b>	Marche Idia		Chateauguay	450-699-7676	<a href="https://supermarcheidia.com/">https://supermarcheidia.com/</a> * <a href="mailto:info@idiasupermarket.com">info@idiasupermarket.com</a>
<b>3</b>	DameSara, (Wholesale)	Isaac Bosquet	Montreal	514-333-5533	<a href="https://damesara.ca/en">https://damesara.ca/en</a>
<b>4</b>	Les Entreprises A.L. McDonald (Wholesale)	Anthony McDonald	Montreal	514-773-0718	<a href="mailto:Anthony.mcdonald43@yahoo.com">Anthony.mcdonald43@yahoo.com</a> <a href="mailto:Anthony.mcdonald43@gmail.com">Anthony.mcdonald43@gmail.com</a>
<b>5</b>	Marche Roshowna	Lester & Thai Campbell	Lasalle	(514) 737-1781	
<b>6</b>	Marché long Mango		Chateauguay	(450) 699-8717 514 261 5663	

**HAIR CARE / BARBER**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Krazy Kuts	Ian Daley	Montreal	(514) 342-5841	<a href="mailto:K_kuts_barber@live.com">K_kuts_barber@live.com</a>
<b>2</b>	Gillespie Coiffure	Philip Gillespie	Montreal	(514) 487-8808	
<b>3</b>	Inhairitance	Abisara	Montreal		<a href="mailto:abisara@inhairitance.ca">abisara@inhairitance.ca</a>
<b>4</b>	Kustom Kutz	Rodrick Rodney	Montreal	(514) 813-4059	<a href="mailto:kutzkustom@gmail.com">kutzkustom@gmail.com</a>
<b>5</b>	Mark's	Mark	Lasalle	(514) 651-3166	<a href="mailto:coiffurechezmark@gmail.com">coiffurechezmark@gmail.com</a>
<b>6</b>	Flagga Coiffure		Montreal	(438) 764-6413	
<b>7</b>	Valentino	Lloyd Miller	Montreal	(514) 485-5225	<a href="mailto:Lloyd.romeo@valentinotrading.com">Lloyd.romeo@valentinotrading.com</a>

## JAMAICA ASSOCIATION BUSINESS OWNERS & PROFESSIONALS (JABOP), 2023

8	Ann & C Salon	Ann Falconer	Montreal	(514) 961-1680	<a href="mailto:charlietangotango@gmail.com">charlietangotango@gmail.com</a>
9	King Kutz	Peter King	Montreal	(514)735-6584	<a href="mailto:kingkutz@live.ca">kingkutz@live.ca</a>
10	Cheryl hair designs	Cheryl	Chateauguay	(514) 839-8712	<a href="https://www.cherlyhairdesigns.com/">https://www.cherlyhairdesigns.com/</a> <a href="mailto:procheryl@hotmail.com">procheryl@hotmail.com</a>
11	D.E.S. Hair Care Inc.	Destini	LaSalle		<a href="https://www.deshaircare.com/">https://www.deshaircare.com/</a> <a href="mailto:info@deshaircare.com">info@deshaircare.com</a>

### FINANCIAL SERVICES

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Qualified Financial Services	Mark Henry	Montreal	(514) 238-2659	
2	Black healing funds		Montreal		<a href="mailto:blackhealingfund@gmail.com">blackhealingfund@gmail.com</a>
3	FACE Coalition	Tiffany Callender	Montreal	1-855-560-3223	<a href="http://www.facecoalition.com">http://www.facecoalition.com</a> <a href="mailto:info@facecoalition.com">info@facecoalition.com</a>

### FITNESS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Studio MoFitness	Moses Nguno	Montreal	Mobile: (514) 444-6031 Whatsapp: (438) 828-1664	<a href="mailto:mofitnessmtl@gmail.com">mofitnessmtl@gmail.com</a> <a href="http://www.mofitness.ca">www.mofitness.ca</a>
2	Goodfit_fitness	Kareem Rawlings	Pointe-Claire	(438) 884 3488	<a href="mailto:info@goodfitt.ca">info@goodfitt.ca</a> <a href="http://www.goodfitt.ca">www.goodfitt.ca</a>
3	Wandleyfit	Wandley Altidor	Montreal		<a href="mailto:trainwithwandley@gmail.com">trainwithwandley@gmail.com</a>

### GRAPHIC DESIGNERS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Harvinoslogos	Harvin Hilaire	Montreal (Virtual)	(514) 431-7179	<a href="http://www.harvinoshub.com">http://www.harvinoshub.com</a> <a href="mailto:harvinos.logos@gmail.com">harvinos.logos@gmail.com</a>

Phone: 514-737-8229 \* Email: [info@jam-montreal.com](mailto:info@jam-montreal.com) \* Website: [www.jam-montreal.com](http://www.jam-montreal.com) \*

FB Page: [www.facebook.com/jamaicaassociationmontreal](https://www.facebook.com/jamaicaassociationmontreal) \* Instagram: [@jamaicaassociationmontreal](https://www.instagram.com/jamaicaassociationmontreal) \* YouTube: Jamaica Association of Montreal

2	Art by leoart	Leona Carthy	Montreal freelancer	(438) 885-6123	<a href="mailto:info@leoartdesigns.com">info@leoartdesigns.com</a>
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## HEATING, VENTILATION AND AIR CONDITIONING

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	AT Refrigeration	Alex Townsend	Montreal	(514) 495-1002	<a href="mailto:ATrefrigeration@gmail.com">ATrefrigeration@gmail.com</a>

## LAWYERS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Exclsior : lawyer cabinet	Melissa Charles	Laval	514-504-5363	<a href="mailto:info@excelsioravocats.com">info@excelsioravocats.com</a>

## MAKEUP ARTISTS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Gabby Mcguire Beauty (MUA)	Gabby Mcguire	Montreal freelancer	(514) 773-6918	<a href="mailto:info@gabbiemcguire.com">info@gabbiemcguire.com</a>

## MENTAL HEALTH AND CAREER COUNSELLORS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	ZKCAREER	Zeinab Kahera	Montreal Virtual		<a href="https://www.zeinabkahera.com/">https://www.zeinabkahera.com/</a> <a href="mailto:zeinab@zeinabkahera.com">zeinab@zeinabkahera.com</a>
2	Black Mental Health Connections Montreal (BMHC)	Kristen Young			<a href="https://bmhcmntl.ca/">https://bmhcmntl.ca/</a>



**PAINTING / BALCONY RAILS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>2</b>	Hawakeitas Gallery (Painting)	Hawa Keitas	Montreal freelancer		<a href="http://www.hawakeitasgallery.com">http://www.hawakeitasgallery.com</a>
<b>3</b>	Black painters' construction: home painting		Montreal & South Shore		<a href="mailto:blackpainter@outlook.com">blackpainter@outlook.com</a>

**PLANNING (EVENTS)**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Maddy Sound	Maddy Philip	Montreal	(438) 869-0377	
<b>2</b>	AY Event Planning Services	Molly Young	Montreal	(514) 497-1863 (514) 341-1792	<a href="mailto:ayeventplanningservices@gmail.com">ayeventplanningservices@gmail.com</a>

**PHOTOGRAPHY**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	B's Glamour Shotz	Brian Kotler	Montreal	(514) 792-4775	<a href="http://www.mtlglamourshots.com">www.mtlglamourshots.com</a> <a href="http://www.intherootzrecords.com">www.intherootzrecords.com</a>
<b>2</b>	Andrew M Lodge	Andrew Lodge	Montreal	(514) 927-3832	<a href="mailto:andrewmlodge@gmail.com">andrewmlodge@gmail.com</a>
<b>3</b>	Phil Carpenter	Phil Carpenter	Montreal	(514) 745-6080	(private events only, not corporate)
<b>4</b>	Noire Mouliom Photography	Vanessa Mouliom	Sainte Marie (near Hochelaga)		<a href="http://www.noiremouliom.com">www.noiremouliom.com</a> <a href="mailto:vanessamouliom@gmail.com">vanessamouliom@gmail.com</a>
<b>5</b>	Sherina Shantelle Photography	Sherina Shantelle			<a href="mailto:info@sherinashantelle.com">info@sherinashantelle.com</a> <a href="http://www.sherinashantelle.com">http://www.sherinashantelle.com</a>

6	Nicolas Henry Photography	Nicolas Henry		514-705-7430 Nicholas.2002.h@gmail.com	
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**PRINTING**

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	CCW Design	Clyde Williams	Lasalle	(514) 572-6122	<a href="mailto:ccw.design@hotmail.com">ccw.design@hotmail.com</a>
2	BVXPRESSIONS	Barry Castello			@bvexpressions1
3	The Vault	Suzie Perch	Lasalle	(438) 824-0369	s.perch@hotmail.com

**REAL ESTATE**

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Remax	George Grant	Lasalle	(438) 931-8984	<a href="https://www.remax-quebec.com/en/courtiers-immobiliers/george.w.grant/index.rmx">https://www.remax-quebec.com/en/courtiers-immobiliers/george.w.grant/index.rmx</a>
2	Remax crystal: Residential Real Estate Broker	Jeffrey Doret			<a href="mailto:jdoret@hotmail.com">jdoret@hotmail.com</a>

**RENOVATIONS / INTERIOR DESIGN**

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Desmond Telesford RBQ # 83235580	Desmond Telesford	Chateauguy	450-692-1898	<a href="mailto:desmondtelesford@rocketmail.com">desmondtelesford@rocketmail.com</a>
2	Mon Design Ma Kay	Georgie Lubin	Montreal	(514) 295-4376	<a href="http://www.ludesign.ca">http://www.ludesign.ca</a> <a href="mailto:mondesignmakay@gmail.com">mondesignmakay@gmail.com</a>
3	Kisina Decor	Prima Mabonzo		(514) 291-4993	<a href="mailto:info@kisinadeco.com">info@kisinadeco.com</a>

**ROOFING**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	HJMN Toitures RBQ #5714 3553 01	Hugo Nwoke	Montreal	(514) 928-9859	<a href="mailto:info@hjmntoitures.ca">info@hjmntoitures.ca</a>

**SCRAP & GARBAGE PICK UP**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Scrap metal	Gary Thompson	Montreal	(514) 248-6633	<a href="mailto:garryTproduction@hotmail.com">garryTproduction@hotmail.com</a>

**SHIPPING BARRELS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	YSS	Conroy Barnes	Montreal	(514) 653-1497	<a href="mailto:Conroybarnes67@gmail.com">Conroybarnes67@gmail.com</a>

**SPECIALTY PRODUCTS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Épices et Tout	Marlene Shoucair	Longueuil	<a href="tel:(450)332-5008">(450) 332-5008</a>	<a href="https://www.epicesettout.ca/">https://www.epicesettout.ca/</a>
<b>2</b>	Black Butterfly Cake Design	Diane Boyd	Montreal	(514) 515-0273	<a href="mailto:boyddiane@hotmail.com">boyddiane@hotmail.com</a>
<b>3</b>	Mr. Boom Hot Sauce	Roy Glanville	Montreal	(438) 402-7513	<a href="mailto:carribeanlunchmtl@gmail.com">carribeanlunchmtl@gmail.com</a>
<b>4</b>	Specialty Health Drinks	Roderick Rodney	Montreal	(514) 813-4059	<a href="mailto:kutzkustom@gmail.com">kutzkustom@gmail.com</a>
<b>5</b>	Simbling Accessories	Simone	LaSalle	<a href="tel:(514)242-4600">(514) 242-4600</a>	<a href="https://www.simbling.shop/shop">https://www.simbling.shop/shop</a> <a href="mailto:Simone071977@gmail.com">Simone071977@gmail.com</a>
<b>6</b>	Neg Mwan Beer	Cynthia Waithe, Vice President			<a href="http://negmawonbeer.com">negmawonbeer.com</a>

**THERAPY**

	<b>BUSINESS NAME</b>	<b>PROPREITOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE /EMAIL</b>
<b>1</b>	Thérapie SoLia	Valerie	Montreal	438 622 8335	<a href="https://www.gorendezvous.com/en/TherapieSoLia">https://www.gorendezvous.com/en/TherapieSoLia</a>

**TRANSPORT**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE / EMAIL</b>
<b>1</b>	Collin Page Transport	Collin Page	DDO	(514) 497-9106	<a href="mailto:Collinpage41@hotmail.com">Collinpage41@hotmail.com</a>
<b>2</b>	One Love Transport		Montreal	(514) 489-2408	
<b>3</b>	Transportation company	Sineus Barkley		(514) 431-5814	<a href="mailto:admin@barkleytransport.ca">admin@barkleytransport.ca</a>

**SPORTS PROGRAMS**

	<b>BUSINESS NAME</b>	<b>PROPRIETOR</b>	<b>LOCATION</b>	<b>CONTACT</b>	<b>WEBSITE/EMAIL</b>
<b>1</b>	Red Rush Basketball	Denburk Reid	Lasalle	(514) 816-6232	<a href="https://montrealcommunitycares.com/red-rush-program/dreid@montrealcommunitycares.com">https://montrealcommunitycares.com/red-rush-program/dreid@montrealcommunitycares.com</a>
<b>2</b>	Montreal United	Hugh Scarlett		info@montrealunited.ca (514) 594-3128	<a href="https://montrealunited.ca/">https://montrealunited.ca/</a>
<b>3</b>	Hard Knox Gym	Herby Whyne	Montreal	<a href="tel:5149333388">(514) 933-3388</a>	<a href="https://hardknoxgym.com/">https://hardknoxgym.com/</a>