



JAMAICA ASSOCIATION BUSINESS OWNERS & PROFESSIONALS (JABOP)

4065 Jean Talon W., Montreal, Quebec, H4P 1W6 * 514-737-8229 * info@jam-montreal.com

24 HOUR NEWBORN CARE

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Kimberly's Night Nurse	Kimberly	Montreal	(514) 501-6254	Kimberley.sweets@hotmail.com www.Nurses.ca

BAKERY / BAGELS

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

Phone: 514-737-8229 * Email: info@jam-montreal.com * Website: www.jam-montreal.com *

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BOOKS

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

CAR REPAIR / DETAILING / RUSTPROOFING

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

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CATERING / RESTAURANT

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Cool Runnings Restaurant	Jamaica Association / Mark Henry	Montreal	(514) 737-8229 ext. 106	https://jam-montreal.com/cool-runnings-restaurant * jamcoolrunningsrestaurant@gmail.com
2	Bigga Taste (Catering, Caribbean Food & Juices)	Andrea Rhoden	Montreal	(514) 690-8334	Andrea3631@gmail.com
3		Byron Spence	Lasalle	(514) 261-1953	Smokinjoe61@gmail.com
4	Mango Bay	Courtney Allen & Rupert Edwards	Montreal	(514) 875-7082	Mangobayquebec.com
5	Frontline Restaurant	Ezra Flemmings	Montreal	(514) 736-5720	No website/email
6	Boom J Cuisine	Jermaine Wallace	Montreal	(514) 730-6524	https://www.boomjscuisine.ca/
7	Caribbean Tasty Treats	Dave Campbell	DDO	(514) 542-4410	
8	Carib Patties	Peter Francis	Lasalle	(438) 387-4004	http://www.caribpatties.com/
9	Traiteur Vicky	Patricia Dawkins	Lasalle	(514) 364-1544 (514) 727-1230	https://lincolncuisine-catering.business.site/ dawkinsbonnerpatriciac@gmail.com
10	JamRock Restaurant	Peter	Chateauguay	(450) 201-7625	jamrockrestaurantqc@gmail.com
11	One Stop Caribbean Cuisine	Karl Lewis	Montreal	(514) 365-3636	Onestopcaribbeancuisine.com
12	Owen the Seafood Man	Owen Johnson	Montreal	(514) 569-0456	Owen-j1@hotmail.com

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13	JamJerk Restaurant		Montreal West	(514) 419-2494	Restojamjerk.com jamjerkresto@gmail.com
14	MTL Yardie	Glen Spence	Cote St. Luc	(514) 482-5252	https://mtlyardie.ca
15	Sarah Cuisine Créole		Montreal	(438) 882-1905	
16	Restaurant Plantana		Montreal	(438) 380 5223	
17	Maison du Cari des Caraïbes	Ian Parris	Montreal	(514) 733-0828	https://maisonducari.com/
18	Caribbean Paradise	Babita & Dana	LaSalle	(514) 363-8080	https://caribbeanparadisrestaurant.ca/about/ info@caribbeanparadisrestaurant.ca
19	Jamaican Caribbean Homestyle	Lilian Craddock	LaSalle	(514) 439-4818	lilliancraddock.84@gmail.com https://jamaicancaribbeanhomestyle.com/

COMMERCIAL CLEANING SERVICES

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	CB Services	Conroy Barnes	Montreal	(514) 653-1497	Cbservices@hotmail.com
2	Sonia's Cleaning Service	Sonia Boyne	Montreal	(438) 366-6957	

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CLOTHING / FASHION

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

DJ SERVICES

1	Mark Passion		Montreal	(514) 808-3284	
2	People's Choice	Kenneth Baltimore	Vaudreuil	(514) 226-6976	

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GROCCER

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

HAIR CARE / BARBER

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Krazy Kuts	Ian Daley	Montreal	(514) 342-5841	K_kuts_barber@live.com
2	Gillespie Coiffure	Philip Gillespie	Montreal	(514) 487-8808	
3	Inhairitancecan	Abisara	Montreal		abisara@inhairitance.ca
4	Kustom Kutz	Rodrick Rodney	Montreal	(514) 813-4059	kutzkustom@gmail.com

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5	Mark's	Mark	Lasalle	(514) 651-3166	coiffurechezmark@gmail.com
6	Flagga Coiffure		Montreal	(438) 764-6413	
7	Valentino	Lloyd Miller	Montreal	(514) 485-5225	Lloyd.romeo@valentinotrading.com
8	Ann & C Salon	Ann Falconer	Montreal	(514) 961-1680	charlietangotango@gmail.com
9	King Kutz	Peter King	Montreal	(514) 735-6584	kingkutz@live.ca
10	Cheryl Hair Designs	Cheryl	Chateauguay	(514) 839-8712	https://www.cherylhairdesigns.com/procheryl@hotmail.com
11	D.E.S. Hair Care Inc.	Destini	LaSalle		https://www.deshaircare.com/info@deshaircare.com

FINANCIAL SERVICES

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Qualified Financial Services	Mark Henry	Montreal	(514) 238-2659	
2	Black Healing Funds		Montreal		blackhealingfund@gmail.com
3	FACE Coalition	Tiffany Callender	Montreal	1-855-560-3223	http://www.facecoalition.com info@facecoalition.com

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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	ATrefrigeration@gmail.com

PAINTING /BALCONY RAILS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
2	Hawakeitas gallery (Painting)	Hawa Keitas	Montreal freelancer		http://www.hawakeitasgallery.com
3	Black painters' construction: home painting		Montreal (south shore)		blackpainter@outlook.com

EVENT PLANNING

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Maddy Sound	Maddy Philip	Montreal	(438) 869-0377	
2	AY Event Planning Services	Molly Young	Montreal	(514) 497-1863 (514) 341-1792	ayeeventplanningservices@gmail.com

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PHOTOGRAPHY

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

PRINTING

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	CCW Design	Clyde Williams	Lasalle	(514) 572-6122	Ccw.design@hotmail.com
2	BVXPRESSIONS	Barry Castello			@bvxpressions1
3	The Vault	Suzie Perch	Lasalle	(438) 824-0369	s.perch@hotmail.com

REAL ESTATE

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	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Remax	George Grant	Lasalle	(438) 931-8984	https://www.remax-quebec.com/en/courtiers-immobiliers/george.w.grant/index.rmx
2	Remax crystal: Residential Real Estate Broker	Jeffrey Doret			jdoret@hotmail.com
3	Royal LePage Global	Anthlin Ollivierre	West Island	(514) 697.4460	https://www.royallegpage.ca/en/agent/quebec/kirkland/athilin-ollivierre/85044/
4	Mark Bentley			(514) 364-3315	https://www.suttonquebec.com/en/real-estate-broker/14370-mark-anthony-bentley-groupe-sutton-clodem-inc-.html
RENOVATIONS / INTERIOR DESIGN					
1	Desmond Telesford RBQ # 83235580	Desmond Telesford	Chateauguay	450-692-1898	desmondtelesford@rocketmail.com
2	Mon Design Ma Kay	Georgie Lubin	Montreal	(514) 295-4376	http://www.ludesign.ca mondesignmakay@gmail.com
3	Kisina Decor	Prima Mabonzo		(514) 291-4993	info@kisinadeco.com

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ROOFING

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	HJMN Toitures RBQ #5714 3553 01	Hugo Nwoke	Montreal	(514) 928-9859	info@hjmntoitures.ca

SCRAP & GARBAGE PICK UP

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Scrap metal	Gary Thompson	Montreal	(514) 248-6633	garryTproduction@hotmail.com

DELIVERY/SHIPPING / BARRELS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	YSS	Conroy Barnes	Montreal	(514) 653-1497	Conroybarnes67@gmail.com

SPECIALTY PRODUCTS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE / EMAIL
1	Épices et Tout	Marlene Shoucair	Longueuil	(450) 332-5008	https://www.epicesettout.ca/
2	Black Butterfly Cake Design	Diane Boyd	Montreal	(514) 515-0273	boyddiane@hotmail.com
3	Mr. Boom Hot Sauce	Roy Glanville	Montreal	(438) 402-7513	carribeanlunchmtl@gmail.com
4	Specialty Health Drinks	Roderick Rodney	Montreal	(514) 813-4059	kutzkustom@gmail.com
5	Simbling Accessories	Simone	LaSalle	5142424600	https://www.simbling.shop/shop Simone071977@gmail.com

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TRANSPORT

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1	Collin Page Transport	Collin Page	DDO	(514) 497-9106	Collinpage41@hotmail.com
2	One Love Transport		Montreal	(514) 489-2408	
3	Transportation company	Sineus Barkley		(514) 431-5814	admin@barkleytransport.ca

DENTAL CARE

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

FITNESS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Studio MoFitness	Moses Nguno	Montreal	Mobile: (514) 444-6031 Whatsapp: (438) 828-1664	mofitnessmtl@gmail.com www.mofitness.ca
2	Goodfit_fitness	Kareem Rawlings	Pointe-Claire	(438) 884 3488	info@goodfitt.ca www.goodfitt.ca
3	Wandleyfit	Wandley Altidor	Montreal		trainwithwandley@gmail.com
4	Roan Barrett	Roan Barrett		(514) 962-PHIT (7448)	simplyphit@gmail.com

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MAKEUP ARTISTS

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1	Gabby Mcguire Beauty (MUA)	Gabby Mcguire	Montreal freelancer	(514) 773-6918	info@gabbiemcguire.com

DOCTORS

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

LAWYERS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Exclsior : Law Office	Melissa Charles	Laval	514-504-5363	info@excelsioravocats.com

GRAPHIC DESIGNERS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Harvinoslogos	Harvin Hilaire	Montreal (Virtual)	(514) 431-7179	http://www.harvinoshub.com harvinos.logos@gmail.com
2	Art by LeoArt	Leona Carthy	Montreal freelancer	(438) 885-6123	info@leoartdesigns.com
3	Artscope	Clement Walker		(514) 501-6828	

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MENTAL HEALTH AND CAREER COUNSELLORS

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1	ZKCAREER	Zeinab Kahera	Montreal Virtual		https://www.zeinabkahera.com/zeinab@zeinabkahera.com
2	Black Mental Health Connections Montreal (BMHC)	Kristen Young			

SPORTS PROGRAMS

	BUSINESS NAME	PROPRIETOR	LOCATION	CONTACT	WEBSITE/EMAIL
1	Red Rush Basketball	Denburk Reid	Lasalle	(514) 816-6232	https://montrealcommunitycares.com/red-rush-program/dreid@montrealcommunitycares.com
2	Montreal United	Hugh Scarlett		(514) 594-3128	https://montrealunited.ca/
3	West Island Tae Kwan Do			(514) 696-7677	

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THERAPY

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1	Thérapie SoLia	Valerie	Montreal	(438) 622-8335	https://www.gorendezvous.com/en/TherapieSoLia

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