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ENTREPRENEURSHIP
GUIDE
2014 EDITION

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PROMONTREAL ENTREPRENEURS
PROMONTREALENTREPRENEURS.ORG
TWITTER: KATHERINEPME
FACEBOOK: PMEMONTREAL





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PME

PROMONTREAL ENTREPRENEURS

OUR SERVICES

ProMontreal Entrepreneur (PME) is a community initiative created to help young Jewish entrepreneurs build and strengthen their business roots in Montreal. The PME program provides guidance and support on how to launch a start-up, and helps established businesses through a mentorship program. Through the PME fund, aspiring entrepreneurs between the ages of 18-40 can access start-up capital of up to \$50,000.

ProMontreal Entrepreneurs offers:

- Business plans feedback & guidance
- Introductions to mentors
- Access to business start-up tools
- Guidance on accessing alternative funding sources
- Referrals to outside resources

PME FUND

Funding is critical for any entrepreneur, whatever the stage your business is at.

PME can help with financing in one of two ways:

- Through our PME Fund, we can offer a loan with a fixed interest rate (at prime) and with attractive conditions, such as a moratorium on loan payments for the first year. The loan can be repaid for a period of five years.
- We can guide the entrepreneur with information on other sources of financing available in their specific borough, including, grants, loans and contests offered by our partners.

In order to be eligible for financing, you must be between the ages of 18-40, live in the greater Montreal area, be a member of the Jewish community, and your business must be in operation for less than two years.

MENTORSHIP

Our mentors are united by their fierce passion to help start-ups succeed by offering 1:1 guidance and advice on topics including:

- Bookkeeping procedures
- Outsourcing options
- Business development
- Pursuing sustainable business growth
- Customer retention and acquisition
- Growth hacking

CONTACT INFORMATION

A

1 Cummings Square
(5151 Côte Ste-Catherine Road)
Montreal, Quebec H3W 1M6

T

514.342.0000 ext 6419



PME@ometz.ca

W

promontrealentrepreneurs.org



PMEmontreal



@katherinePME



2/ GENERAL INFORMATION

ARRONDISSEMENT
ET SON SERVICE AUX ENTREPRISES
ville.montreal.qc.ca
T / 311

RESEAU DES CARREFOURS
JEUNESSE-EMPLOI DU QUEBEC
(RCJEQ)
rcjeq.org
(Entrepreneurship section)
T / 514 393 9153

COMPAGNIE F
(FOR WOMEN)
compagnie-f.org
T / 514 381 7333

EMPLOI-QUÉBEC /
SERVICE AUX ENTREPRISES
emploi.quebec.net/entreprises
T / 514 873 7073

CANADA BUSINESS NETWORK
entreprisescanada.ca
T / 1 888 576 4444

GOVERNMENT OF QUEBEC /
SERVICES AUX ENTREPRISES
entreprises.gouv.qc.ca
T / 514 644 4545

GUIDE DÉMARRAGE DE
L'ENTREPRISE
ajbm.qc.ca
(services au public section)
T / 514 954 3450

IMMIGRAFFAIRES
(Guide & workshops)
immigraffaires.org
T / 514 861 7253

INFO ENTREPRENEURS
infoentrepreneurs.org
T / 514 496 4636

LES CDEC
lescdec.qc.ca

LES CLD
acldq.qc.ca

SAJE ACCOMPAGNATEUR
D'ENTREPRENEURS
sajeaffaires.org
T / 514 861 7253

SAJE CENTER
sajemontreal.com
T / 514 485 7253

3/ LEGAL

YOUNG BAR ASSOCIATION OF
MONTREAL (AJBM) / LEGAL
CONSULTATION

(1 h free for business and NOG's)

ajbm.qc.ca

T / 514 954 3450

FINANCIAL CONSUMER AGENCY
OF CANADA (FCAC)

acfc.gc.ca

T / 1 866 461 2232

BARREAU DE MONTREAL

barreau.qc.ca/montreal

T / 514 866 2490

BARREAU DU QUEBEC

barreau.qc.ca

T / 514 954 3400

ÉDUCA LOI

educaloi.qc.ca

EQUIFAX

(Personal credit score)

equifax.ca

T / 514 493 2314 ou 1 800 465 7166

FONDATION DU BARREAU DU
QUEBEC

fondationdubarreau.qc.ca

(Publications section)

T / 514 954 3461

INDUSTRY CANADA
(Federal incorporation)

strategis.ic.gc.ca

T / 514 496 1797

JURIFAX

(Legal forms / Paid)

jurifax.com

T / 1 888 587 4329

BUSINESS REGISTRATION IN
QUEBEC

(Registration & provincial
incorporation)

www.registreentreprises.gouv.qc.ca

T / 514 654 4545

THE QUEBEC LAW NETWORK

avocat.qc.ca

T / 450 621 8283



4/ INFORMATIONS & STATS ON THE MARKET

CARREFOUR IMMOBILIER
(Find commercial space)
carrefour-immobilier.com

CONVERCITÉ
(Strategic information services, paid)
convercite.org
T / 514 286 2663

CENTRE DE RECHERCHE
INDUSTRIELLE DU
QUÉBEC (ICRIQ)
icriq.com
T / 514 383 1550

INDUSTRY CANADA
ic.gc.ca
T / 1 800 328 6189

INFO ENTREPRENEURS
infoentrepreneurs.org
T / 514 496 4636

INSTITUT DE LA STATISTIQUE DU
QUÉBEC
stat.gouv.qc.ca
T / 1 800 463 4090

GRANDE BIBLIOTHÈQUE /
CARREFOUR AFFAIRES
(Information and research services for
a fee access to free database)
banq.qc.ca
T / 514 873 1100, Ext: 3151

MINISTÈRE DES FINANCES ET DE
L'ÉCONOMIE DU QUÉBEC (MFE)
economie.gouv.qc.ca
(s'informer section)
T / 514 499 2199

SOCIO ECONOMIC PROFILES
ville.montreal.qc.ca

STATS CANADA
statcan.ca
T / 1 800 263 1136

5/ EMPLOYEUR

CANADIAN REVENUE AGENCY
cra-arc.gc.ca
T / 1 800 959 7775

COMMISSION DES NORMES
DU TRAVAIL (CNT)
cnt.gouv.qc.ca
T / 514 873 7061

COMMISSION DE LA SANTÉ
ET SÉCURITÉ AU TRAVAIL (CSST)
csst.qc.ca
T / 514 906 313

EMPLOI-QUEBEC / SERVICE AUX
ENTREPRISES
(Salary grants & helps with human
resource management)
emploiquebec.net
T / 514 873 7073

GOVERNEMENT DU QUEBEC /
SERVICES AUX ENTREPRISES
entreprises.gouv.qc.ca
T / 514 644 4545

RÉGIE DES RENTES DU QUÉBEC
(RRQ)
rrq.gouv.qc.ca
T / 514 873 2433

REVENUE QUEBEC
revenu.gouv.qc.ca
T / 514 864 6299

6/ FINANCIAL HELP

PROMONTREAL ENTREPRENEURS
(PME)
Promontrealentrepreneurs.org
(Jewish community)
T / 514 342 6419

HEBREW FREE LOAN
hflamtl.org
T / 514 733 7128

LES CDEC
lescdec.qc.ca

LES CLD
acldq.qc.ca

ANGES FINANCIERS DE
MONTREAL
angesfinanciers.org

MONTREAL COMMUNITY LOAN
FUND (ACEM)
acemcreditcommunautaire.qc.ca
T / 514 843 7296

BUSINESS DEVELOPMENT BANK
OF CANADA (BDC)
bdc.ca
T / 514 496 7966

CERCLES D'EMPRUNT DE
MONTREAL
cerclesdemprunt.com
T / 514 849 3271

BOARD OF TRADE OF
METROPOLITAIN MONTREAL /
PRÊT À ENTREPRENDRE
pretaentreprenre.com
T / 514 496 4636

COMPAGNIE F / AURORA BUSINESS
PROJECT
compagnie-f.org
T / 514 381 7333

QUEBEC ENTREPRENEURSHIP
CONTEST (QEC)
concours-entrepreneur.org
T / 514 496 7966

EMPLOI QUÉBEC /
GRANTS FOR SALARIES
(FOR BUSINESSES & INDIVIDUALS)
emploiuebec.net
T / 1 888 643 4721

FEMMESSOR-MONTRÉAL /
RÉUSSIR EN AFFAIRES
femmessormtl.com
T / 514 270 3964

FILACTION
filaction.qc.ca
T / 514 525 2042

INOVIA CAPITAL
inovia.vc

CROWDFUNDING/
CROWDSOURCING
haricot.ca
ecloid.com
fonpop.com
kickstarter.com/canada
fundo.ca
fundica.com
seedingfactory.com
yoyomolo.com

FOUNDER PROJECT
(ACCELERATOR)
thefounderproject.com

FUNDER FUEL (ACCELERATOR)
funderfuel.com

TECH STARS (ACCELERATOR)
techstars.com

Y-COMBINATOR (ACCELERATOR)
ycombinator.com

RHO CANADA
rhocanada.com

500 START-UPS (ACCELERATOR)
500.co

GROWLAB (ACCELERATOR)
growlab.ca

ANGEL LIST (platform for startups)
angel.co

THE CANADIAN YOUTH BUSINESS
FOUNDATION (CYBF)
cybf.ca/programs/
T / I 866 646 2922

REAL VENTURES
realventures.com

FONDS DE DEVELOPPEMENT
DE LA TRANSFORMATION
ALIMENTAIRE (FDTA)
fdta.qc.ca
T / 450 799 3837

MONTREAL INC.
(18-35) contest
montrealinc.ca
T / 514 872 8401

FONDS MOSAIQUE
fondsmosaique.com
T / I 888 525 2075

INVESTISSEMENT QUEBEC
investquebec.com
T / I 866 870 0437

JEUNES VOLONTAIRES
emploiquebec.net
(jeunes section)
T / I 888 643 4721

MINISTÈRE DES FINANCES ET DE
L'ÉCONOMIE DU QUÉBEC (MFEQ)
economie.gouv.qc.ca
(obtenir du financement section)
T / 514 499 2199

SOCIÉTÉ D'INVESTISSEMENT
JEUNESSE (SIJ)
sij.qc.ca
T / 514 879 0558





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TRAINING

CENTREPRENEUR
(EVENTS CALENDAR & TRAINING
SESSIONS)
centreprenneur.jccm.org

CENTRE DE DÉVELOPPEMENT ET
D'ENTREPRENEURIAT EN
RESTAURATION
(CDER) DE MONTRÉAL
cdermontreal.com
T / 514 522 6745

CENTRE D'ENTREPRENEURIAT
FÉMININ DU QUÉBEC (CEFQ)
cefq.ca
T / 514 521 5733

MONTREAL COMMUNITY LOAN
FUND (ACEM)
acemcreditcommunautaire.qc.ca
T / 514 843 6331

CERCLES D'EMPRUNT DE
MONTRÉAL
cerclesdemprunt.com
T / 514 849 3271

COMPAGNIE F
(FOR WOMEN)
compagnie-f.org
T / 514 381 7333

IMMIGRAFFAIRES
immigraffaires.org
T / 514 861 7253

INNOCENTRE
(Business coaches)
inno-centre.com
T/ 514 987 9550

MON PROJET D'AFFAIRES
monprojetdaffaires.com
T / 514 273 8740

SAJE CENTER
sajemontreal.com
T / 514 485-7253

SAJE ACCOMPAGNATEUR
D'ENTREPRENEURS
sajeenaffaires.org
T / 514 861 7253

YOUTH EMPLOYMENT SERVICES
(YES)
yesmontreal.ca
T / 514 878 9788

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INNOVATION & INVENTION

CENTRE DE RECHERCHE
INDUSTRIELLE DU QUEBEC (CRIQ)
www.criq.qc.ca
T / 514 383 155

INDUSTRY CANADA
(PATENT INFO, SETTING UP A
TRUST, COPY RIGHT, BRANDS,
BANKRUPTCY)
strategis.ic.gc.ca
T / 1 800 328 6189

INNO-CENTRE QUÉBEC
(HIGH TECH)
inno-centre.com
T / 514 987 9550

INVENTION QUEBEC
inventionquebec.ca
T / 514 728 4561

CANADIAN INTELLECTUAL
PROPERTY'S OFFICE (CIPO)
opic.gc.ca
T / 1 866 997 1936

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CHAMBER OF COMMERCE

JEWISH CHAMBER OF COMMERCE

jccmontreal.com
T / 514-345-2645

BOARD OF TRADE OF METROPOLITAIN MONTREAL

ccmm.qc.ca
T / 514 871 4000

JEUNE CHAMBRE DE COMMERCE DE MONTREAL (JCCM)

jccm.org
T / 514 845 4951

MAMENT REPREENEURES (réseau de mères entrepreneures)

mamentpreneures.com
T / 1 877 305 750

REGROUPEMENT DES COMMERÇANTS ET PROPRIÉTAIRES DE LA RUE ONTARIO (RCPRO)

rueontario.com
T / 514 508 6337

SOCIÉTÉ DE DÉVELOPPEMENT COMMERCIAL (SDC) DU BOULEVARD SAINT-LAURENT

boulevardsaintlaurent.com
T / 514 286 0334

SOCIÉTÉ DE DÉVELOPPEMENT COMMERCIAL

(SDC) DE L'AVENUE DU
MONT - ROYAL

mont-royal.net
T / 514 522 3797

SOCIÉTÉ DE DÉVELOPPEMENT COMMERCIAL

(SDC) DU VILAGE
unmondeunvillage.com

T / 514 529 1168

SOCIÉTÉ DE DÉVELOPPEMENT COMMERCIAL

(SDC) PIGNONS RUE
SAINT-DENIS

rue-st-denis.ca
T / 514 563 0697

SOCIÉTÉ DE DÉVELOPPEMENT COMMERCIAL

(SDC) QUARTIER LATIN

quartierlatin.ca
T / 514 849 4906

ASSOCIATION DES SOCIÉTÉS DE DÉVELOPPEMENT COMMERCIAL DE MONTREAL (ASDCM)

asdcm.com
T / 514.276.8501

10/ IMPORT EXPORT

CANADIAN BORDER SERVICE
AGENCY (INFO SESSIONS &
GUIDANCE IN IMPORT-EXPORT)
cbsa-asfc.gc.ca/sme/menu-f.html
T / I 800 959 2036

CANADIAN MANUFACTURERS
AND EXPORTERS
cme-mec.ca

FOREIGN AFFAIRS TRADE AND
DEVELOPMENT CANADA
itcan-cican.gc.ca
T / I 800 267 8376

EXPORT DEVELOPMENT
CANADA (EDC)
edc.ca
T / I 866 283 2957

EXPORT SOURCE
exportsource.ca
T / I 888 811 1119

IMPORT SOURCE
importsource.ca
T / I 888 811 1119

INDUSTRY CANADA
strategis.ic.gc.ca
T / I 800 328 6189

INFO ENTREPRENEURS
infoentrepreneurs.org
T / 514 496 4636

MINISTÈRE DES FINANCES ET DE
L'ÉCONOMIE DU QUÉBEC (MFEQ)
economie.gouv.qc.ca
T / 514 499 2199





11/ PERMITS

CITY OF MONTREAL
BUSINESS SERVICES
ville.montreal.qc.ca
T / 311

INSPECTION DES ALIMENTS /
VILLE DE MONTREAL
[ville.montreal.qc.ca/
inspectiondesaliments](http://ville.montreal.qc.ca/inspectiondesaliments)
T / 514 280 4300

MINISTÈRE DE L'AGRICULTURE,
DES PÊCHERIES ET DE
L'ALIMENTATION
DU QUÉBEC (MAPAQ)
mapaq.gouv.qc.ca
T / 1 888 222 6272

MINISTÈRE DE LA FAMILLE,
DES AÎNÉS ET DE LA CONDITION
FÉMININE
www.mfacf.gouv.qc.ca
T / 1 888 643 4721

12/ BUSINESS ETHICS

BETTER BUSINESS BUREAU
competitionbureau.gc.ca
T / 1 800 348 5358

BUREAU D'ÉTHIQUE
COMMERCIALE
DE MONTRÉAL
bbb-bec.com
T / 514 286 9281

CONSUMER PROTECTION OFFICE
opc.gouv.qc.ca
T / 514 253 6556

13/ BUSINESS PLAN MODELS

BUSINESS DEVELOPMENT BANK
OF CANADA (BDC)
bdc.ca

PROMONTREAL ENTREPRENEURS
promontrealentrepreneurs.org

CDEC CENTRE-SUD /
PLATEAU MONT-ROYAL
cdec-cspmr.org
(section: services /outils)

RBC ROYAL BANK
rbcadvicecentre.com/business_advice

THE CANADIAN YOUTH BUSINESS
FOUNDATION (CYBF)
cybf.ca
(Resource section)

TD CANADA TRUST
tdbusinessplanner.com

14/ WOMEN IN BUSINESS

CENTRE D'ENTREPRENEURIAT
FÉMININ DU QUÉBEC (CEFQ)
(Training, coaching, mentorship)
cefq.ca

T / 514 521 5733

COMPAGNIE F
compagnie-f.org
T / 514 381 7333

FEMMESSOR-MONTRÉAL /
RÉUSSIR EN AFFAIRES
femmessormtl.com
T / 514 270 3964

MAMENTREPRENEURES
mamentrepreneures.com
T / 1 877 305 7509

RÉSEAU DES FEMMES
D'AFFAIRES DU QUÉBEC (RFAQ)
rfaq.ca
T / 514 521 2441



15/ IMMIGRANT ENTREPRENEURS

FONDS MOSAÏQUE
fondsmosaïque.com
T / 1888 525 2075

IMMIGRAFFAIRES
immigraffaires.org
T / 514 861 7253

MINISTÈRE DE L'IMMIGRATION ET
DES COMMUNAUTÉS
CULTURELLES (MICC) DU QUÉBEC
immigration-quebec.gouv.qc.ca
(gens d'affaires section)
T / 514 864 9191

16/ MENTORSHIP

PROMONTREAL ENTREPRENEURS
(PME)
promontrealentrepreneurs.org
(Jewish community)
T / 514-342-0000

BÉNÉVOLES D'AFFAIRES
benevolesdaffaires.org
T / 514 395 6012

CENTRE D'ENTREPRENEURIAT
FÉMININ DU
QUÉBEC (CEFQ)
cefq.ca
T / 514 521 5733

MENTORAT QUÉBEC
mentoratquebec.org
T / 514 761 4014

CEDEC
cedec.ca
T / (888) 641-9912

YOUTH EMPLOYMENT SERVICES
(YES)
yesmontreal.ca
T / 514 878 9950

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CONTESTS

À GO ON CHANGE LE MONDE /
INSTITUT DU NOUVEAU MONDE

agoonchangelemonde.qc.ca

Deadline: April

T / 514 934 5999, ext.: 231

CONCOURS ADP

adp.ca

T / 514 739 1188

GET-ENTREPRENEURIAL CONTEST

get-entrepreneurial.ca

T / 514 393 9155 ext.: 206

CONCOURS INTER-JEUNES
CHAMBRES / REGROUPEMENT

DES JEUNES CHAMBRES DE
COMMERCE DU QUÉBEC

rjccq.com/congres/concours-

interjeunes-chambres

T / 514 933 7595

QUEBEC ENTREPRENEURSHIP
CONTEST (QEC)

concours-entrepreneur.org

Deadline: March

T / 418 644 4255

GRAND PRIX QUEBECOIS DE
LA QUALITE / MOUVEMENT
QUEBECOIS DE LA QUALITE

qualite.qc.ca/grands-prix

Deadline: March

T / 514 874 9933

PRIX FEMMES D'AFFAIRES DU
QUÉBEC

prix.rfaq.com

Deadline: June

T / 514 521 2441

BDC YOUNG ENTREPRENEUR
AWARD

bdcyoungentrepreneuraward.ca

Deadline: April

T / 1877 232 2269

LES MERCURIADES /
FÉDÉRATION DES CHAMBRES DE
COMMERCE DU QUÉBEC (FCCCQ)

mercuriades.ca

Deadline: January

T / 514 844 9571, EXT: 3241

DESJARDINS ENTREPRENEUR
AWARD

desjardins.com/prixentrepreneurs

Deadline: April

F / 514 845 7244

18/ Co-WORKING

NOTMAN HOUSE
notman.org

TECHNO HUB (DESTL)
technohub.ca

ECTO (COOP) ESPACE
COOPÉRATIF DE TRAVAIL
ecto.coop/node/209

LE CHAT DES ARTISTES
atelierscreatifs.org

LE 6CENT I
6centl.com

STATION-C
station-c.com

CENTECH – ETS
etsmtl.ca

This guide is originally produced by the CDEC (Centre-Sud/Plateau Mont-Royal) in French. To access a copy in French: CDEC-CSPMR.ORG

Thanks to our partners

RICHTER

OMETZ IS A
BENEFICIARY OF







Art / Myriam Ekhouzer