



DMV Black Female-Owned Business Directory

Presented by Montgomery County (MD) Alumnae Chapter
Delta Sigma Theta Sorority, Incorporated

3:56 Communications



3:56 Communications is a boutique communications and public relations agency with the mission of helping clients effectively communicate their brand and mission, with the purpose of making an impact on the community.

3:56 Communications services include:

Public/Media Relations, Media Training and Coaching, Content Development, Communications Planning and Message Development. Also, the agency offers educational consulting and instruction for schools seeking support with journalism curriculums.

The agency was founded by Brittany Nicole Marshall, an Emmy Award-Winning Producer and Award-Winning Media Relations Director with more than 11 years of experience as a content creator and storyteller.

The agency's name is inspired by Proverbs Chapter 3: Verses 5-6 found in the Bible.

Business Owner: Brittany Marshall

Business Email: bmarshall@356communications.com

Age One Pediatric Dentistry



Pediatric Dentistry

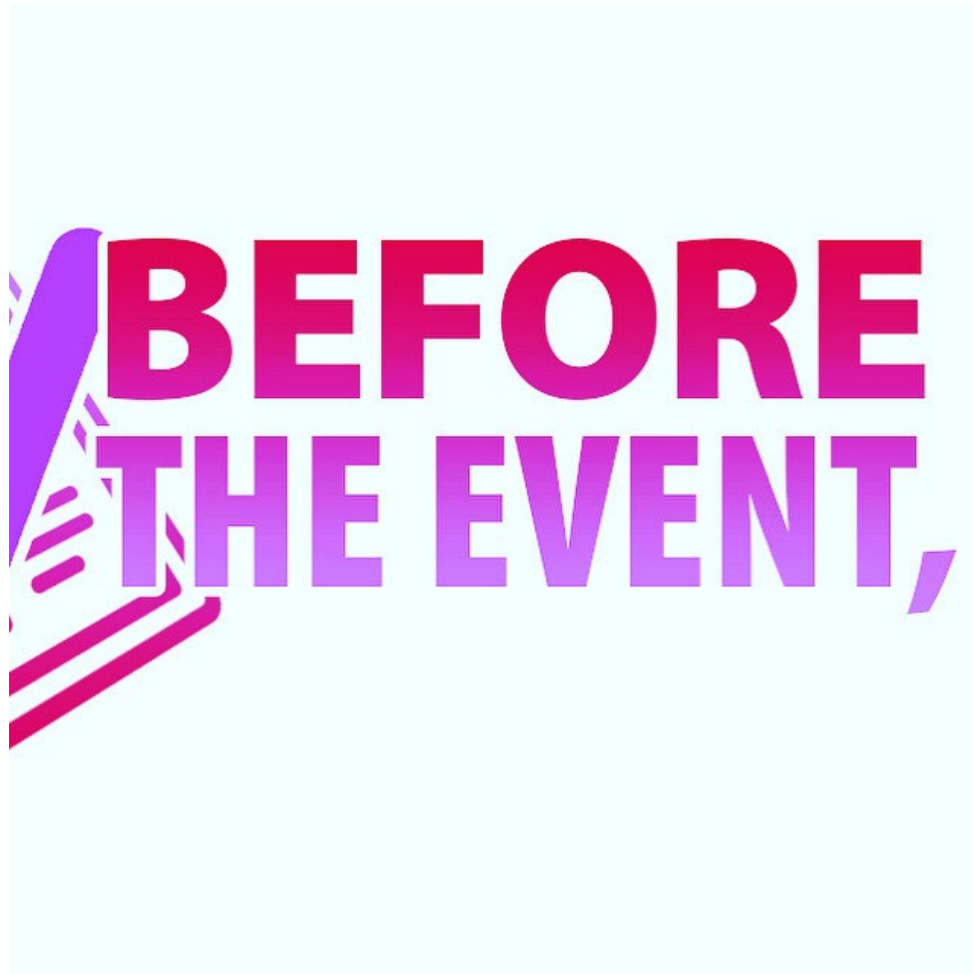
Business Owner: Dr. Claudia N. Conerly

Business Email: info@age1dentist.com

Business Phone: (301) 565-3536

Business Website: www.age1dentist.com/index.php

Before the Event, LLC



Event Planning/Day Coordination

Business Owner: Demetria Wilson and Nicole Adolph

Business Email: beforetheevent@gmail.com

Business Phone: (301) 284-8235

Business Website: beforetheevent.net

Big Results Media



Full-service communications and video production company

Business Owner: Aya Collins-Williams

Business Email: resultsmediagroupllc@gmail.com

Business Phone: (202) 352-3376

Business Website: Bigresultsmedia.com

Boutique by ShimmySista



The Boutique by ShimmySista specializes in plus size "Curve Conscious" clothing and accessories for women who crave something different. We search the world to bring a unique collection of pieces you won't find anywhere else. Some of our jewelry comes from local designers.

Inventory changes regularly at our two retail locations, so you'll always find something new--never boring!

In addition to selling clothing, ShimmySista hosts a variety of workshops and events designed to help you live a beauti-full life!

Business Owner: Glenna Cush

Business Phone: (410) 988-3028

Business Website: www.shimmysista.com

Breathe.Live.Overcome.Win.LLC (B.L.O.W.)



Consults, facilitates programming, activities and events to support wellness, educational enhancement and enrichment to build a community of practice for the betterment of individuals and global and international communities.

Business Owner: Dr. Carmen Poston-Travis

Business Email: llc.blow@gmail.com

Business Website: <https://blowllc.com>

Bridal Babes



Shop for bridal and bridesmaid collections for women with curves and melanin

Business Owner: Ashley Young

Business Phone: (301) 960-8530

Business Email: hello@bridalbabes.co

Business Website: <https://linktr.ee/bridalbabes.co>

Bridges 2 Life, LLC



Life coaching that connects who you are to who you want to be. Services offered include coaching, training, and temperament counseling.

Business Owner: Cheryl Bridges

Business Phone: (301) 857-7887

Business Email: cheryl@bridges2life.com

Business Website: <http://bridges2life.com>

Cakes by Sonia & Co.



A cottage cake decorating company that provides specialty cakes and cupcakes.

Business Owner: Sonia Walters

Business Email: smwalters62@yahoo.com

Business Phone: (202) 285-4284

Business Website: <https://www.instagram.com/cakesbysoniaco/>

Calypso Creations



Calypso Creations is an art business that focuses on various mediums of art from resin to oil paintings.

Business Owner: Simone Smith

Business Email: simone.csmith@yahoo.com

Business Phone: (301) 921-6805

Business Website: https://www.instagram.com/c_creations/

CBS Design Development Group, LLC



DESIGN DEVELOPMENT GROUP

Our mission is to be the leader in providing high-quality craftsmanship in single family and multi-unit residential construction, while remaining customer-centric, innovative, resourceful and committed to preserving legacy in the community we serve. A one-stop-shop for your single family and multi-unit residential renovation, construction, architecture and design needs. Includes full home, kitchen and bathroom renovations, Basement Renovations & Dig-outs, Rooftops, Decks, Porches & Fences and Additions.

Business Owner: Tiffany Green

Business Email: info.cbsdesigndevelopment@gmail.com

Business Phone: (202) 650-0001

Business Website: www.cbsdesigndevelopment.com

Cheer Prodigy All-Stars



Competitive Cheerleading, Dance, and Tumbling for athletes ages 5-18 located in Montgomery County, MD.

Business Owner: Amber Smoot

Business Email: info@cheerprodigyallstars.com

Business Phone: (240) 805-5498

Business Website: www.cheerprodigyallstars.com

Chyna's Doll House



Chyna's Doll House
Homeschool



an Elite Primary Homeschool Education
Ages 3-5

A homeschool learning community providing an Elite Primary Education

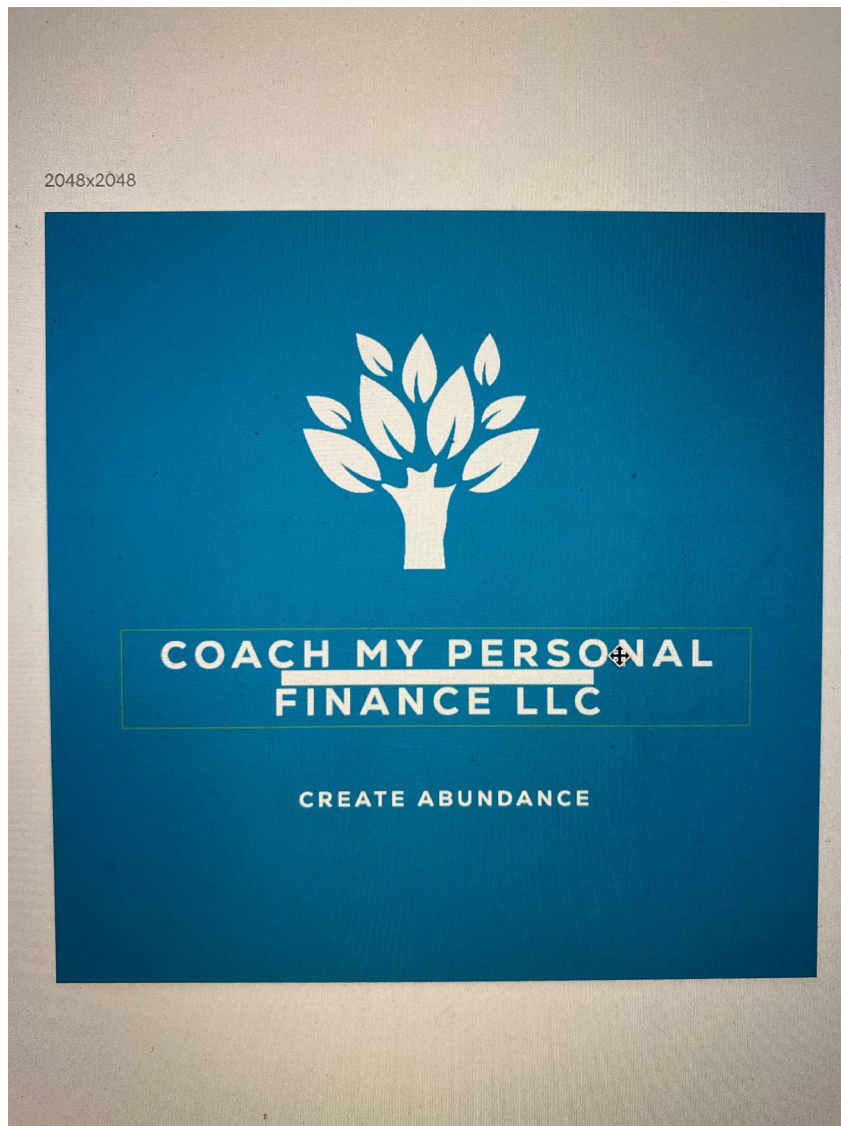
Business Owner: Chyna J. Mora

Business Email: CDHHOMESCHOOL@gmail.com

Business Phone: (301) 938-9406

Business Website: WWW.CDHHOMESCHOOL.COM

Coach My Personal Finance LLC



"Personal Finance Coaching/ Build Wealth and Investments/ Eliminate Debt "

Business Owner: Camille Upchurch

Business Email: camille@coachpersonalfinance.com

Business Phone: (571) 510-0833

Business Website: [HTTPS://WWW.COACHPERSONALFINANCE.COM](https://www.coachpersonalfinance.com)

Cookie Craze LLC



Custom-made cookies for all occasions

Business Owner: Christina Waller

Business Email: info@cookiecraze.com

Business Phone: (240) 326-3735

Business Website: <https://cookiecraze.com/>

Damaliafrikанwear



Contemporary Africa Center Fashion for Women. An outfit designed by Damali and worn by our Soror Johnnetta Cole is on exhibit in the Museum of African American History and Culture in Washington, DC.

Business Owner: Brenda Winstead
Business Email: damaliafrikанwear@gmail.com
Business Website: TheDamalICollection.com

Danni Grayson Photography



All types of photography services.

Business Owner: Dannell Grayson
Business Email: dtgrayson1025@gmail.com
Business Phone: (240) 257-5146

Earring Queen Studio

EarRing Queen Studio

B O W I E , M D



Handmade jewelry, clip and pierced earrings, beaded bracelets.

[Facebook.com/55earringqueen](https://www.facebook.com/55earringqueen)

Business Owner: Andrea Johnson

Business Email: Lovemyearrings@aol.com

Business Phone: (513) 374-3473

Business Website: www.earringqueenstudio.etsy.com

Food is Love Personal Chef Services



Specializing in intimate luxury brunch and dinner parties with an emphasis on elegant seafood creations. Chef Mai is a former corporate IT professional, who followed her passion for cooking. Now with 10 years of experience, she spends her time creating memorable dining experiences.

We are a full-service experience; nothing is required on your part. Just pick the date, invite your guests and relax. We bring the cookware, table settings, and food. We show up to your venue, prep and cook your meal, set the table, serve and clean up. This makes it easy and stress free for you.

Business Owner: Maisha Spann

Business Email: info@foodislovepcs.com

Business Phone: (240) 292-9046

Business Website: <https://www.foodislovepcs.com/>

HIS Wingspan



The Wingspan shop moves design ideas into finalized products. We personalize items in three key areas: awards and recognition; home and office accessories; and novelty products.

Business Owner: Theresa Smith

Business Email: hiswingspan@gmail.com

Business Phone: (773) 218-6068

Business Website: www.hiswingspan.com/theshop

Holmes and Associates Financial Services, LLC



**Holmes and Associates
Financial Services, LLC**

Experienced certified financial planner professionals offer individuals and small business owners financial planning advice that is designed to provide tax optimized wealth creation, wealth preservation, and sustainable retirement income solutions. Contact us for a free, no obligation consultation. Securities and Advisory Services offered through LPL Financial, a Registered Investment Advisor. Member FINRA & SIPC.

Business Owner: Karen Holmes

Business Email: holmes@holmesfinancial.com

Business Phone: (301) 998-6108

Business Website: www.holmesfinancial.com

Infant Swimming Resource



Water survival lessons for children 6 months to 6 years old.

Business Owner: Margie Edwards-Haygood
Business Email: m.haygood@infantswim.com
Business Phone: (301) 691-8610
Business Website: mhaygood.infantswim.com

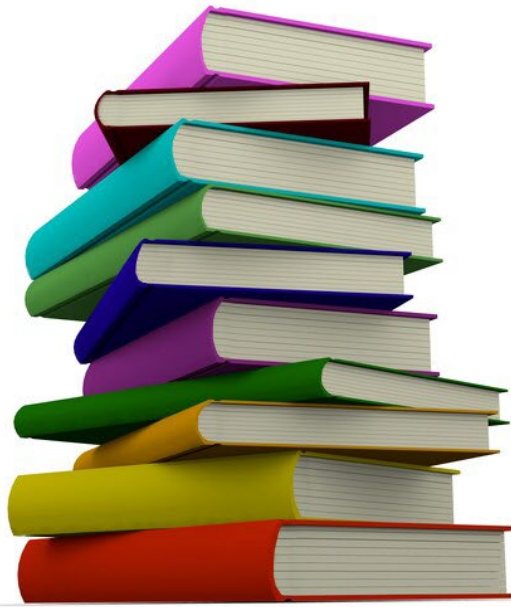
Lorraine Lee Consulting, LLC



The scope of Lorraine Lee Consulting, LLC is to provide securities regulatory consulting to attorneys, firms, individuals, consulting firms and like businesses or entities, as it relates to the legal construct relative to Statutory Disqualification, as that term is defined in the Securities and Exchange Act of 1934.

Business Owner: Lorraine Lee
Business Email: lorrainelee@sdexpert.org
Business Phone: (301) 593-0114
Business Website: www.sdexpert.org

Maghogany Books



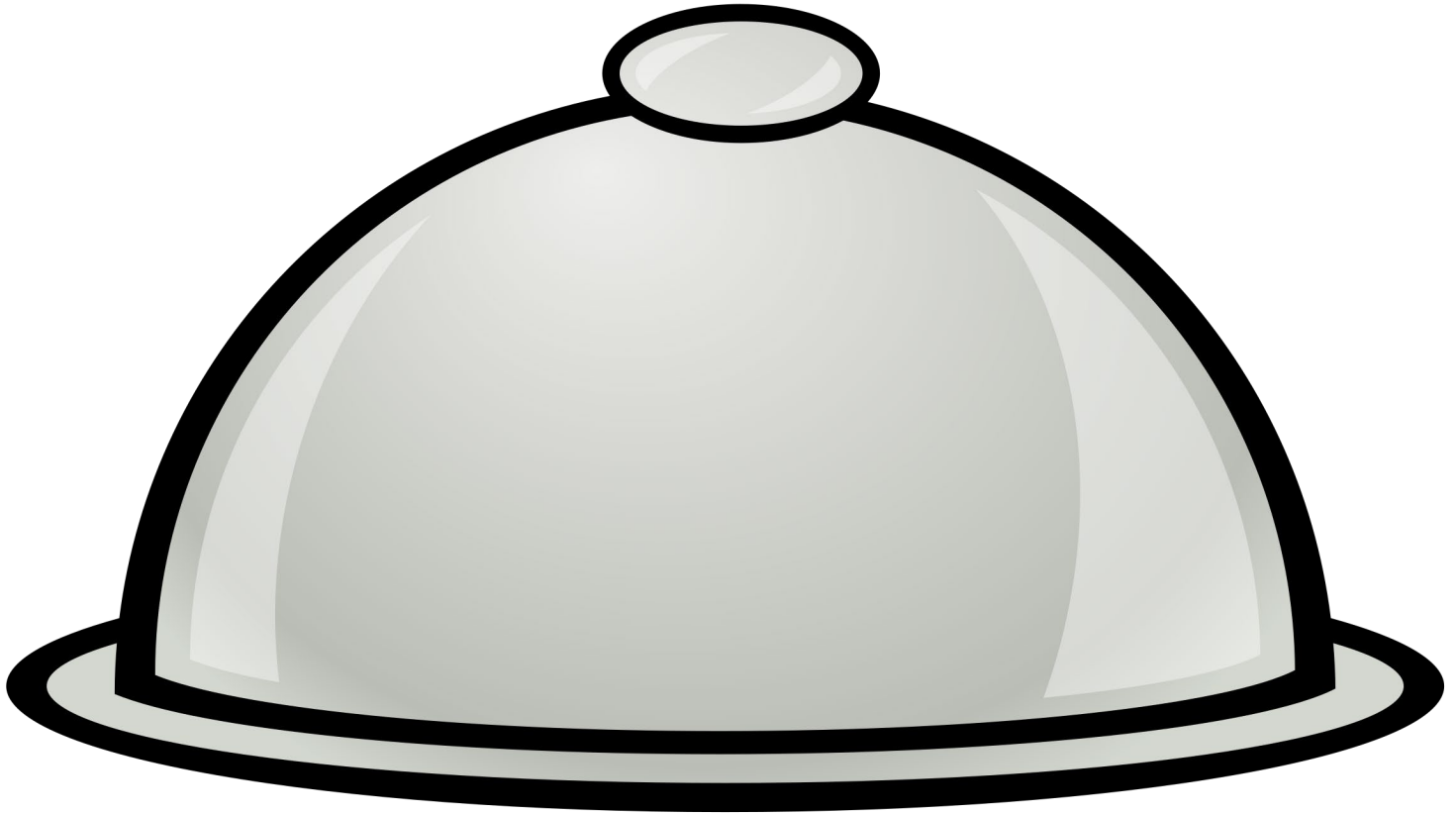
Book store

Business Owner: Ramunda Young

Business Phone: (202) 844-2062

Business Website: maghoganbooks.com

Mama Joi's Kitchen



Food catering

Business Owner: Joi Mells

Business Email: Joimells1226@gmail.com

Business Phone: (240) 656-8756

MERM. Artistry



MERM. Artistry is a beauty services provider that specializes in hair, lash, and makeup styles. Our goal is to encourage clients to feel confident with natural looks and enhance each client's God given beauty. We encourage you to check out our services at <https://www.styleseat.com/m/v/candies>. We are eager to serve you!

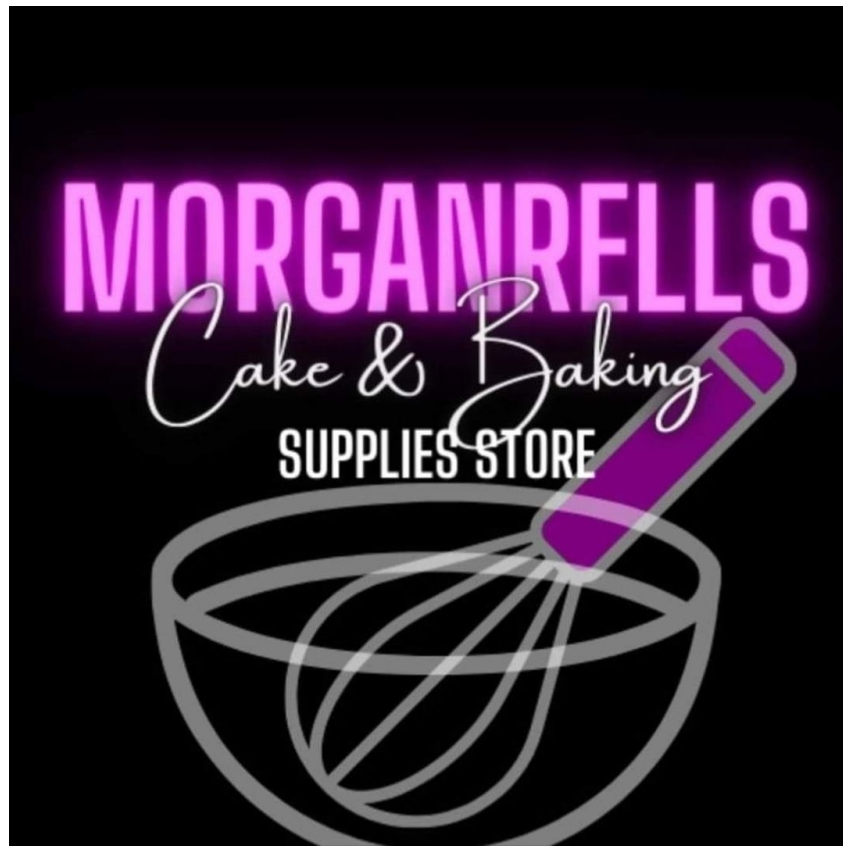
Business Owner: Candice Smith

Business Email: MERM.llc27@gmail.com

Business Phone: (202) 681-1475

Business Website: <https://www.instagram.com/merm.artistry/>

Morganrells Cake and Bakery Supplies Store



Morganrells Cake & Baking Supply Store is your one-stop shop for all things baking, decorating, cakes, cupcakes, treats, and delicious confections that satisfy your sweet tooth. We enjoy helping bakers, confectioners, and candy manufacturers across Maryland, Washington, DC, and Virginia by providing a wide selection of high-quality products and enjoyable workshops. We encourage you to join our baking community, which is here to support professionals and individuals interested in mastering the art of baking and custom cake decorating!

Business Owner: Michelle Carswell

Business Email: info@morganrells.com

Business Phone: (240) 230-7714

Business Website: www.morganrells.com

Plush House of Ink



Tattoo artistry

Business Email: plush@inkbyplush.art

Business Website: <https://www.instagram.com/inkbyplush/>

Shea Yeleen



Shea Yeleen is a social enterprise that includes a 501 nonprofit and a commercial entity that sells "high-quality, unrefined shea butter products." The mission of the organization is "to promote sustainable economic development in rural sub-Saharan Africa, empower and train women-owned shea butter cooperatives, and educate consumers in the U.S. about natural beauty care products and fair trade.

Business Owner: Rahama Wright

Business Email: info@sheayeleen.com

Business Website: <https://sheayeleen.com/>

Social Media Success Network



A focused consulting, training, and coaching firm helping speakers, coaches, and authors to leverage social media for business growth. We specialize in helping clients maximize platforms like LinkedIn, Facebook, and Instagram for brand and business growth.

Business Owner: Nena Abdul-Wakeel

Business Email: msnenab@socialmediasuccessnetwork.com

Business Phone: (240) 516-6707

Business Website: msnenab.com

Studio 444



Sip & paint studio gallery

Business Owner: Janaia

Business Phone: (240) 442-2177

Business Website: www.studio444.net

Tailored Relaxation



MEDICAL MASSAGE & WELLNESS STUDIO

Holistic massage and wellness services that address both mind and body

Business Owner: Monica Cochran

Business Phone: (240) 833-2075

Business Website: www.tailoredrelaxation.com

The Party Place



Purchase party materials such as balloons, cards, plates etc.

Business Owner: Jennifer L. Brown-Agyepong

Business Email: JLBAGYEPONG@ThePartyPlaceMD.com

Business Phone: (240) 654-4036

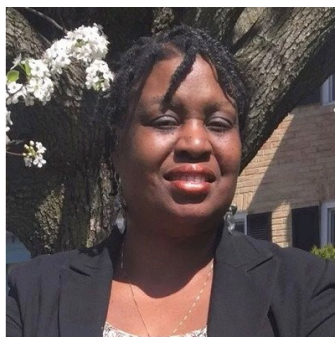
Business Website: www.ThePartyPlaceMD.com

The Royal Legal Group, LLC



The Royal Legal Group, LLC is a law firm providing virtual/remote legal services in the areas of Probate Administration & Litigation, Wills & Estates, and Consumer Matters in Maryland and the District of Columbia.

Business Owner: Stephanie Royal
Business Email: sroyal@royallawoffice.com
Business Phone: (301) 275-9973
Business Website: www.royallawoffice.com



Total Concept



Total Concept offers a unique online shopping experience with products for men and women who enjoy expressing themselves creatively.

TC carries exquisite and unique jewelry, handbags and clothes, as well as 100% natural bath and body care products and stylish home decor items that reflect our pride and culture.

Many of the vendors are African Americans whose mission is to provide creative and high quality merchandise. As a personal shopper, TC will select products that turn heads and receive an abundance of compliments. In addition to online shopping through the website, TC also offers shopping experiences for private group parties.

Business Owner: Rosalee Blyther

Business Phone: (410) 274-3189

Business Email: rose@rosetotalconcept.com

