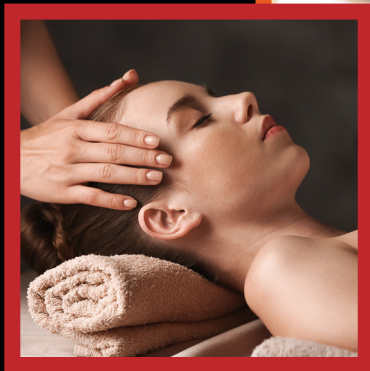


MetroWest Diversity Business Guide

- ARTS
- EDUCATION + TRAINING
- FITNESS + RECREATION
- FOOD + DRINK
- NONPROFIT
- RETAIL
- SERVICES

We Are MetroWest



2022

MetroWest Diversity Business Guide

Welcome to the MetroWest diversity business guide. Diversity, equity, and inclusion play an essential role in growing our local economy. By providing opportunities for everyone, we embrace a variety of perspectives that are able to create exceptional customer experiences.

Whether you live in or around the towns included in this guide or are visiting the area, we invite you to explore the many businesses owned by Women, BIPOC, LGBTQ+, Veterans, and those with Disabilities.

You can make a difference. When you choose to patronize diversity-owned businesses you help to drive equity and inclusion while helping to strengthen the health, and prosperity of our communities.

Thank you for supporting diversity-owned businesses!

— Towma Rastad

Deputy Director of DEI and Member Retention

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Cox Tutoring Group

Cox Tutoring Group is a caring, student-centered tutoring practice specializing in getting your son or daughter ready for the widely required SAT and ACT tests and supporting high school students with several regular academic subjects.

30 Lyman Street, Suite 5, Westborough, MA 01581 ■ (774) 258-0409
e: donna.coxtutoring@gmail.com ■ w: www.coxtutoringgroup.com

 facebook.com/coxtutoring

Woman-Owned



Karen Amlaw Music

Since 2005 Karen Amlaw Music has been providing quality musical opportunities for the young and young at heart (ages 4 - 100). Over 160 students keeping music alive online and now back in-person with teachers with over 150 combined years of experience in the industry as both performers and educators. Offering Kids on Keys group musical instruction for 4 - 8 year olds, Intro. to Singing Classes for 2nd - 5th graders, showcases and recitals, private lessons in bass, guitar, ukulele, piano, violin, viola, cello, voice / singing & more!

Hours of Operation: M – F: 2:00 pm – 9:00 pm Sat: 9:00 am - 5:00 pm

108 Milk Street, Suite 2, Westborough, MA 01581 ■ (508) 366-6000

e: karen.amlaw.music@aol.com ■ w: https://www.karenamlaw.com/karenamlawmusic.html

 facebook.com/KarenAmlawMusic

Woman-Owned



Laurene Aldoriso's Academy of Dance Expressions

Dance Expressions is a well established dance academy in Westborough for over 25 years. Our mission at Dance Expressions is to inspire and nurture our dancers to reach their fullest potential. Each dancer will not only learn technique and the art of dance but most importantly learn important life long lessons along the way that will take them anywhere in their journey of life.

"Dance, Breath, Smile and Embrace it"

Laurene Aldoriso, Owner/Artistic Director

400 Union Street, Suite 103, Westborough, MA 01581 ■ (508) 836-3608

e: laurenedanceexpressions@gmail.com ■ w: www.laurenedanceexpressions.com

 instagram.com/laurenedanceexpressions

Woman-Owned



Miss Tanya's Nursery School

We provide quality early childhood education.

64 West Main Street, Westborough, MA 01581

508) 366-0304

e: mtnurseryschool@gmail.com ■ w: https://misstanya.com/nursery

Woman-Owned



Patrice Peris Voice Studios

Patrice Peris Voice Studios is a voice and artist development studio that works with all levels of artists to help them obtain their personal goals. We specialize in teaching Pop, Rock, R&B, Country, Musical Theater, Jazz, Blues, and more! But we are more than just a voice studio! We offer services that give artist the tools they need to become true professional musicians! We offer seminars and workshops in songwriting, branding, performance and much more. We pride ourselves in creating a space where artist can gain knowledge in all fields of the music industry!

57 East Main Street, Suite 206, Westborough, MA 01581 ■ (508) 329-5112
e: patriceperisvoicestudios@gmail.com ■ w: www.patriceperisvoicestudios.com

f facebook.com/patriceperisvoicestudios i instagram.com/patriceperisvoicestudios
y youtube.com/patriceperisvoicestudios t tiktok.com/@patriceperisvoicestudios

Woman-Owned



Studio Ampersand Tutoring

Studio Ampersand Tutoring is a locally owned business that offers one-on-one tutoring and test prep (SAT, ACT, ISEE, SSAT, AP) for all grades K-12 and subjects. We also offer academic coaching for students who want to develop their executive functioning skills. Our services are offered in person at our office in Westborough or virtually.

Hours of Operation: Office Hours: Mon – Fri: 1:00 pm – 8:00 pm,
Sat & Sun: 9:00 am – 5:00 pm, Tutoring available 9:00 am – 8:00 pm Sunday – Saturday

210 Turnpike Road, Unit 4, Westborough, MA 01581 ■ (508) 474-5009
e: info@studioampersand.org ■ w: www.studioampersand.study

f facebook.com/studioampersandtutoring

Woman-Owned

FITNESS + RECREATION



Boston Badminton

We offer indoor badminton play and training for all ages.

Hours of Operation: M – F: 5 pm – 10:00 pm, Sat – Sun: 10:00 am – 8:00 pm

169 Flanders Road, Westborough, MA 01581 ■ (508) 329-1710
e: info@bostonbadminton.com ■ w: www.bostonbadminton.com

f facebook.com/Boston-Badminton-114548295282915

BIPOC-Owned | Woman-Owned



Boston Body Pilates Natick

Pilates makes you look and feel equal parts centered and sculpted. Boston Body Pilates brings this method into the modern world of fitness - providing maximum results while also being therapeutic to your mind, body and spirit. Private and group training available.

Hours of Operation: M – F: 6 am – 7 pm, Sat: 8 am – 2 pm, Sun: closed

31 South Main St., Natick, MA 01760 ■ (617) 969-2673
e: natickinfo@bostonbody.com ■ w: www.bostonbody.com

f facebook.com/bostonbodynatick i instagram.com/bostonbodynatick

Woman-Owned

FITNESS + RECREATION (cont.)



Focus on Fitness

The Focus On Fitness mission is to help our members live healthier, higher quality lives by delivering fitness experiences that get the results our members are looking for.

Hours of Operation: Mon – Thurs: 5 am – 8 pm; Fri: 5 am – 7 pm; Sat & Sun: 7 am – Noon

290 Eliot Street, Ashland, MA 01721 ■ (508) 820-0424

e: lboland@fofhealthclub.com ■ **w:** www.Fofhealthclub.com

f facebook.com/FocusOnFitnessMA **i** instagram.com/focuson1/

t twitter.com/FocusOnFitness1

Woman-Owned



Integrated Martial Arts

We teach Muay Thai, Brazilian Jiu Jitsu, and Mixed Martial Arts in a family friendly atmosphere to people of all ages including children and adults.

Hours of Operation: Mon – Fri: 9:00 am – 8:00 pm, Sat: 9 am – 1:00 pm

227 Turnpike Rd, Suite C, Westborough, MA 01581 ■ (774) 772-4759

e: Info@integratedmartialarts.com ■ **w:** www.integratedmartialarts.com

f facebook.com/westboroughmartialarts **i** instagram.com/integrated_martialarts

BIPOC-Owned



Westborough Jazzercise

The original dance party workout evolving and transforming people's bodies and their lives.

Hours of Operation: Mon – Sat: 8 am – 6:30 pm, Sun: 8 am – 12:00 pm

168 Milk Street, Westborough, MA 01581 ■ (508) 733-0403

e: WestboroJazz@gmail.com

w: www.jazzercise.com/location/jazzercise-westborough-fitness-center

f facebook.com/westboroJazz **i** instagram.com/westborojazzercise

Woman-Owned

FOOD +/ DRINK



Buttercup

A Contemporary American farm-to-table Restaurant and Craft Bar owned and operated by a husband and wife team.

Hours of Operation: Tue – Thu: 4:30 pm – 9 pm, Fri – Sat: 4:30 pm – 10 pm

13 W Central St, Natick, MA 01760 ■ (508) 545-1506

e: eatbuttercup@gmail.com ■ **w:** www.eatbuttercup.com

f facebook.com/eatbuttercup **i** instagram.com/eatbuttercup

BIPOC-Owned | Woman-Owned



Main Street Pastries and More

Bakery Items, Allergy Friendly.

135 Turnpike Road, Westborough, MA 01581 ■ (508) 330-6300

e: Mainst.pastriesandmore@yahoo.com

f facebook.com/mainstreetpastriesandmore

BIPOC-Owned | Woman-Owned

MANDARIN

Mandarin Westborough

Mandarin Westborough has been serving Chinese and Japanese food to the community for over 15 years. We offer a wide variety of uniquely crafted maki rolls. All of our dishes pair very well with our famous mai tai's and scorpion bowls!

Hours of Operation: Mon – Thur: 11:30 am – 9:45 pm, Fri – Sat: 11:30 am – 10:45 pm
Sun: 12:00 pm – 9:45 pm

132 Turnpike Road, Westborough, MA 01581 ■ (508) 366-2288

w: www.mandarinwb.com

BIPOC-Owned



Refreshin' Concessions

Refreshin' Concessions is a traditional ice cream truck, selling more than 50 different novelty ice creams. We are available for private parties, sporting events, corporate events, town festivals, fundraisers, camps, daycares, and more!

Hours of Operation: Sun – Sat: 9 am – 9 pm

26 Deer Ridge Road, Ashland, MA 01721 ■ 508-341-8577

e: refreshin.concessions@gmail.com ■ **w:** www.refreshinconcessions.com

f [facebook.com/RefreshinConcessions](https://www.facebook.com/RefreshinConcessions)

Veteran-Owned | Woman-Owned



Sapporo Korean Barbecue & Sushi

Sapporo Korean BBQ & Sushi specializes in fresh & creative sushi, authentic Korean cuisine (including Korean BBQ that can be cooked at your own table), Japanese dishes and Asian fusion. We also have a wide variety of sake, beer (including Sapporo on tap!), and cocktails for everyone. The Karaoke & Club nights are to provide a relaxing and enjoyable place to entertain friends and families by singing and dancing(DJ).

Hours of Operation: Mon: Closed, Tue – Thu: 11:30 am – 8:30 pm, Fri: 11:30 am – 9:30 pm
Sat: 11:30 am – 9:30 pm, Sun: 12:00 pm – 8:00 pm

50 E Main Street, #2, Westborough, MA 01581 ■ (508) 898-1880

e: sapporowestborough@gmail.com ■ **w:** www.sapporobbq.com

f [facebook.com/SapporoWestborough](https://www.facebook.com/SapporoWestborough) **i** [instagram.com/sapporobbq](https://www.instagram.com/sapporobbq)

BIPOC-Owned



South Street Diner

South Street Diner is a family owned and run business located at 38 South Street right here in Westborough. The diner offers all your favorite breakfast and lunch options along with several creative items such as Banana Crunch French Toast, Crab Cake Benedict, South Street Skillet and a lot more. The staff not only serve our guests but make them feel like part of the South Street family.

Hours of Operation: 7:00 am – 2:00 pm daily

38 South Street, Westborough, MA 01581 ■ (508) 870-0101

e: email ■ **w:** southstreetdinerwestboro.com

f [facebook.com/southstreetdinerwestboro.com](https://www.facebook.com/southstreetdinerwestboro.com)

BIPOC-Owned | Woman-Owned

FOOD / DRINK (cont.)



Swanski's Bakeshop

Owners and operators, Em and Casey, graduates of Johnson and Wales University, opened Swanski's Bakeshop in November 2020 to bring a one of a kind baked goods experience to the town of Westborough and surrounding areas. All of our handmade goodies are baked fresh daily using locally sourced ingredients along with fresh produce and fruit whenever available. Join us at the Westborough Farmers' Market Thursdays 2pm-6pm through the summer until our shop opens back up!

72 B East Main Street, Westborough, MA 01581 ■ (508) 329-1699

e: goodies@swanskisbakeshop.com ■ **w:** www.swanskisbakeshop.com

f facebook.com/swanskisbakeshop20 **i** instagram.com/swanskisbakeshop

Woman-Owned



Vivacity Wellness & Nutrition

Vivacity is an incredible nutrition experience. Vivacity offers a wide range of superfood fruit smoothies, smoothie bowls, protein shakes, protein snacks, wellness teas, wellness coffees and lattes and so much more! Indulge in wellness with us!

Hours of Operation: M – F: 9:30 am – 7:30 pm, Sat: 10:00 am – 8:00 pm,
Sun: 11:00 am – 5:00 pm

5 Summer Street, Westborough, MA 01581 ■ (508) 329-1399

e: therealvivacitynutrition@gmail.com ■ **w:** www.therealvivacitynutrition.com

f facebook.com/therealvivacitynutrition **i** instagram.com/therealvivacitynutrition

Woman-Owned



Westborough Nutrition

We serve energizing teas, full meal replacement protein shake, protein juices and coffees.

Hours of Operation: Mon – Fri: 7:00 am – 3:00 pm, Sat: 8:00 am – 1:00 pm,
Sun: 9:00 am – 2:00 pm

45 E Main Street, Westborough, MA 01581 ■ (508) 622-3080

f facebook.com/Westborough-Nutrition-104771361463546

i instagram.com/westboroughnutrition

Woman-Owned



Yummy Mummy Bakery

Yummy Mummy Bakery specializes in homemade treats like decadent brownies, cupcakes, cake pops and custom cakes. Along with a local retail store, the bakery ships their creations and corporate gifts nationwide.

50 East Main Street, Westborough, MA 01581 ■ (508) 366-4200

e: Melissa@yumymummybakery.com ■ **w:** www.yumymummybrownies.com

f facebook.com/yumymummybakerywestborough

i instagram.com/yumymummybakery

Woman-Owned

MEDIA



Source Media dba Petroni Media Company LLC

Your best SOURCE for Framingham news!

Hours of Operation: 24/7 365 days a year

Framingham, MA 01702 ■ (508) 315-7176

e: editor@framinghamsource.com ■ **w:** www.framinghamSOURCE.com

f facebook.com/FraminghamSource **@** instagram.com/framinghamsource

t twitter.com/FramSource **f** facebook.com/AshlandMASource **f** facebook.com/NatickSource

Woman-Owned

NONPROFIT



Greater Framingham Community Church

Organized in 1972, Greater Framingham Community Church meets the needs of suburbanites desiring a Black religious experience. The church is the largest predominantly African-American church in the MetroWest area.

Hours of Operation: 10:00 am – 9:00 pm

44 Franklin St, Framingham, MA 01702 ■ (508) 626-2118

e: janthonylloyd@gmail.com ■ **w:** www.gfccnet.org

f facebook.com/GFCCChurch **@** instagram.com/gfcconline

t twitter.com/gfcconline **y** youtube.com/GFCCVideoMinistry

BIPOC-Owned



GSA Link, Inc.

GSA Link works to support, inspire, and empower LGBTQ and their families. Our Linked Mentoring Program helps to establish nurturing and affirming mentoring relationships between LGBTQ+ youth and LGBTQ+ adults.

Hours of Operation: Always Open

(508) 735-1267 ■ **e:** projectgsalink@gmail.com ■ **w:** gsalink.org

f facebook.com/projectgsalink

Women-Owned



One Mission

One Mission is a non-profit that does whatever it takes to make life brighter for kids fighting cancer and their families. One Mission programs make living in the hospital less lonely and stressful, bring back joy and hope in a time of fear and uncertainty.

69 Milk Street, Westborough, MA 01581 ■ (508) 628-9090

w: www.onemission.org

f facebook.com/onemissioninc **@** instagram.com/_onemission

Woman-Owned



SPARK Kindness, Inc.

Every time we do something that helps our community grow more kind, resilient and welcoming, we SPARK Kindness. Together we can make sure no one feels alone, bullied, unsupported or unconnected.

PO Box 823, Natick, MA 01760

e: info@SPARKKindness.org ■ **w:** www.SPARKKindness.org

f facebook.com/SPARKKIND **@** instagram.com/sparkkindness

t twitter.com/sparkkindness

Women-Owned

RETAIL + E-COMMERCE



A Crystal Mine

We offer a large selection of crystals, minerals, jewelry, fossils, and so much more from all over the world. We also offer space to rent and attend various modalities including but not limited to energy work and Reiki, guided meditations, mediums, tarot card readings, and natal chart readings.

Hours of Operation: Tue – Sun: 10:00 am – 6:00 pm, Mon: closed

276 Turnpike Road, Westborough, MA 01581 ■ (508) 827-9556

e: acrystalline@gmail.com ■ **w:** www.acrystalline.com

f facebook.com/acrystalline **i** instagram.com/acrystalline

Woman-Owned



Baylee Bee

Womens Clothing.

Hours of Operation: M – S: 10 am – 6 pm, Sunday: 12 pm – 6 pm

19 Main St., Natick, MA 01760 ■ (781) 929-9139

e: info@bayleebee.com ■ **w:** www.bayleebee.com

f facebook.com/bayleebeecloting **i** instagram.com/bayleebeecloting

Woman-Owned



Children's Orchard

Children's Orchard is resale for a new generation. We believe we can be the difference in the world by recycling and reusing current kids gear to create a sustainable lifestyle. You can find children's clothing, shoes, accessories, toys and equipment. These items are gently loved, and actually like new. We offer cash or store credit for your children's gear and buy items that are in good condition and are current styles by appointment.

Hours of Operation: Store Hours: Mon – Sat: 10:00 am – 6:00 pm

18 Lyman Street, Westborough, MA 01581 ■ (508) 366-5437

e: tracy.childrensorcharde@gmail.com ■ **w:** <http://westboroughma.childrensorcharde.com>

f facebook.com/childrensorchardewestborough **i** instagram.com/cowestborough

Woman-Owned



Five Crows Gallery & Handcrafted Gifts

Five Crows represents more than 120 local and regional artists and offers beautifully hand-crafted gifts for every occasion.

Hours of Operation: Tue – Fri: 11 am – 5 pm, Sat: 10 am – 5 pm,
Sun and Mon: Closed

41 Main Street, Natick, MA 01760 ■ (508) 653-2526

e: info@fivecrows.com ■ **w:** www.fivecrows.com

f facebook.com/FiveCrowsGallery **i** instagram.com/fivecrowsgallery

Woman-Owned



Helen's Handbags Sew Many Memories

Custom made memory blankets and accessories.

Hours of Operation: Monday, Friday, Saturday: 10 am – 5 pm

3 Adams Street, Natick, MA 01760 ■ (508) 667-9583

e: helenshandbags@rcn.com ■ **w:** www.helenshandbags.etsy.com

facebook.com/Helenshandbags

Woman-Owned



Patricia Lincoln

Our Mission is to educate and engage on the beneficial properties of CBD as it relates to physical and mental wellness. It is PatriciaLincoln's desire for each person, with the help of this amazing plant, to reach their healthiest version.

Hours of Operation: 24/7

E-Commerce ■ 508-651-6220

e: support@PatriciaLincoln.com ■ **w:** www.PatriciaLincoln.com

instagram.com/patricialincoln_cbd

BIPOC-Owned | Woman-Owned



Paper Fiesta

A boutique party gift shop that carries paper goods, greeting cards, gifts and more!

Hours of Operation: Tue – Fri: 10 am – 5 pm, Sat: 10 am – 4 pm

1 Main Street, Natick, MA 01760 ■ (508) 545-1059

e: paula@paperfiesta.com ■ www.paperfiesta.com

facebook.com/paperfiesta instagram.com/paper_fiesta_

Woman-Owned



Quilling Card, LLC

Greeting cards and gifts all handcrafted using the ancient paper art form of quilling. Certified Fair Trade Federation Member. Don't just send a card, send art!

Hours of Operation: M-F: 8:30 am – 5 pm

47 Mellen Street, Framingham, MA 01702 ■ (508) 405-2888

e: info@quillingcard.com ■ **w:** www.quillingcard.com

facebook.com/QuillingCard1 instagram.com/quillingcard

twitter.com/QuillingCard pinterest.com/quilling_card

BIPOC-Owned | Woman-Owned

SERVICES [BUSINESS]

Applied Industrial Measurements

Applied Industrial Measurements

Applied Industrial Measurements is bringing Senware to the North American market with a first in class Online-Process Color Measurement for supply chain automation improving quality control, energy efficiency and productivity..

9c Medway Road, Num 273, Milford, MA 01757 ■ (508) 498-0469

e: founder@aimeasurements.com ■ **w:** www.senwarena.com

twitter.com/senware

Disability-Owned

SERVICES [BUSINESS]



Deer Ridge Group, LLC

We are a team of experienced and proven business leaders who share a passion for helping small, mid-sized and often family-owned businesses realize or recapture the vision and dreams they have for their business.

26 Deer Ridge Rd, Ashland, MA 01721 ■ Cell: (508) 864-3370, Landline: (508) 231-8057
e: kerdelt@advicoach.com ■ w: www.advicoach.com/kerdelt/

facebook.com/kerdeltadvicoach linkedin.com/in/kenerdelt/

Veteran-Owned



Fuller Digital Strategy, LLC

Fuller Digital Strategy, LLC is a full-service Digital Marketing shop that can help any size business obtain and exceed their online goals.

Hours of Operation: M–F: 9:00 am – 5:00 pm

25 Colpitts Road, PO Box 254 Weston, MA 02493 ■ (617) 663-8610
e: Email ■ w: www.fullerdigitalstrategy.com

instagram.com/fuller_digital_strategy

linkedin.com/company/fuller-digital-strategy-llc

Women-Owned | Owned by a member of the LGBTQ+ community



GDIBC

GDIBC is at the forefront of LGBTQIA+ equitable, and inclusive organizations. GDIBC has developed a thorough process with operational requirements and recommendations for establishing a gender diverse supportive, LGBTQIA+ inclusive, and equitable workplace.

Hours of Operation: 9:00 am – 5:00 pm

(508) 735-1267

e: melissa@genderdiversityandinclusion.com

sWomen-Owned



lara zelman
MARKETING

Lara Zelman Marketing

Marketing consultant serving small businesses and food entrepreneurs seeking to grow their brands. We craft integrated marketing strategies designed to increase leads, drive engagement, and develop loyal brand advocates.

Framingham, MA ■ e: hello@larazelman.com ■ w: www.larazelman.com

facebook.com/larazelmanmarketing instagram.com/lara.zelman

linkedin.com/company/lara-zelman-marketing

Woman-Owned



K&R Solutions Group

We provide print, installation and project management for marketing programs in the Retail, Out Of Home and Events industries.

4 Joseph Road, Framingham MA 01701 ■ 508-975-1567

e: graphics@krsolutionsgroup.com ■ w: www.krsolutionsgroup.com

linkedin.com/company/k-r-solutions-group

Woman-Owned



Rapport International

Rapport International provides high quality, culturally adapted translation and interpretation services in over 200 languages with a 100% Satisfaction Guarantee and 100% on time delivery record.

Hours of Operation: M – F: 9:00 am – 5:00 pm

93 Moore Road, Sudbury, MA 01776 ■ (978) 443-2540

e: rapport@rapportintl.com ■ **w:** www.rpporttranslations.com

f facebook.com/RapportInternational **@** instagram.com/wendy.pease

in linkedin.com/company/rapport-international-sudbury-ma **t** twitter.com/RapportIntl

▶ youtube.com/c/RapportIntlTranslations

The Global Marketing Show Podcast – www.globalmarketingshow.com

The Language of Global Marketing book – www.thelanguageofglobalmarketing.com

Women-Owned



Towerwall

Computer and Network Security. For over 20 years, Towerwall, a woman-owned business, has helped scores of companies safeguard their data.

Hours of Operation: M–F: 9:00 am – 5:00 pm

10 Speen Street, Suite 4-01, Framingham, MA 01701 ■ (774) 204-0700

e: info@towerwall.com ■ **w:** www.towerwall.com

f facebook.com/Towerwall **in** linkedin.com/company/towerwall-inc.

t twitter.com/Towerwall

Woman-Owned

■ SERVICES [HEALTH + WELLNESS]



The Boroughs Medical and Wellness Center

At Boroughs Medical and Wellness Center, we provide comprehensive medical care to patients with a thorough and thoughtful evaluation of symptoms. We do that in a compassionate, ethical, and caring environment. We aspire to become a trusted confidant who can support you in making healthy decisions that will benefit you and your family for a lifetime.

Hours of Operation: M – F: 9:00 am – 4:30 pm

57 East Main Street, Suite 209, Westborough, MA 01581 ■ (508) 870-1800

e: info@boroughsmwc.com ■ **w:** www.boroughsmwc.com

f facebook.com/The-Boroughs-Medical-Wellness-Center-578713465649835

Woman-Owned



**CEDAR BROOK
PEDIATRIC DENTISTRY**

Cedar Brook Pediatric Dentistry

Hours of Operation: Tues, Thurs: 9 am – 5 pm

162 Cordaville Rd Ste 175 Southborough MA 01772 ■ (617) 453-8397

e: info@cedarbrookpediatricdentistry.com

w: www.cedarbrookpediatricdentistry.com

f facebook.com/cedarbrookpediatricdentistry

BIPOC-Owned | Woman-Owned

SERVICES [HEALTH + WELLNESS] (cont.)



Child Therapy Boston

Counseling and social skills for children and teens.

Hours of Operation: M – F: 9 am – 7 pm

29 Hudson Rd, Suite 2300, Sudbury, MA ■ (781) 400-2641

e: Alison@childtherapyinboston.com ■ **w:** www.childtherapyinboston.com

f facebook.com/childtherapyboston **i** instagram.com/childtherapyboston

Woman-Owned



D'Arcy Wellness Spa

D'Arcy Wellness Spa is redefining clean beauty and inspiring self-care. Female-owned and female-led, D'Arcy Wellness Spa is a calm destination for your holistic beauty needs. We proudly use and sell only the highest quality non-toxic, vegan and cruelty-free products.

Hours of Operation: Mon – Sat: By Appointment

63 South Main Street, Natick, MA, 01760 ■ (508) 314-8164

e: cailin@darcywellnessspa.com ■ **w:** www.darcywellnessspa.com

i instagram.com/darcy_wellness

Woman-Owned



Herring Hope and Healing

We support survivors of sexual trauma and the caregivers of child sexual abuse survivors! We provide coaching for lifestyle, academics, parenting, stress and behavior challenges that are as a result of sexual trauma.

Hours of Operation: M – F: 4:30 pm – 10 pm

19 Main St., Natick, MA 01760 ■ (978) 204-3277

e: Herringhopeandhealing@gmail.com ■ **w:** www.hhhhub.com

BIPOC-Owned | Woman-Owned



Infinity MedSpa LLC

We offer a unique medical spa experience for both men and women alike. Treatments include Bio-Identical Hormone Therapy, Vampire Services, PlasmaPen, PRX Skin Rejuvenation, Body Contouring, PDO Thread Lift, Permanent Makeup, Botox, Dermal Fillers & more.

Hours of Operation: Tue – Fri: 10 am – 8 pm, Sat: by appointment only, Sun: 11am – 6pm

365 Boston Post Road, Suite 210, Sudbury, MA 01776 ■ (978) 579-4092

e: info@InfinityMedicalSpa.com ■ **w:** www.InfinityMedicalSpa.com

f facebook.com/infinitymedicalsapa

Woman-Owned



One River Massage Therapy

One River Massage Therapy specializes in oncology massage, manual lymphatic drainage, lymphedema and lipedema care, scar tissue mobilization, and cancer rehabilitation.

45 Lyman Street, Suite 22, Westborough, MA 01581 ■ (508) 986-8601

e: megan@onerivermassage.com ■ **w:** www.onerivermassage.com

Woman-Owned



Right at Home Westborough

Right at Home Westborough is a private-duty, in-home care and assistance company. We provide comprehensive care planning, supervision and clinical care management to older adults. Services range from companionship and personal care to skilled care and include hands-on care that promotes independence & wellness; personal care & physician assistance; hospice supportive care; specialty care for Alzheimer's, Parkinson's, ALS, MS, COPD & other complex conditions.

8 Church Street, Westborough, MA 01581 ■ (508) 599-1122
e: Amar.patel@rahewc.com ■ w: www.rahewc.com

facebook.com/rahewc instagram.com/rahewc_508

BIPOC-Owned



Smileland Pediatric Dentistry & Braces

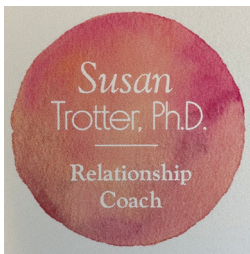
Smileland is a pediatric dental office that offers the best dental care and service with a smile!

Hours of Operation: Mon – Fri: 9:00 am – 5:00 pm, Saturday: Call the office for availability

1 Oak Street, Westborough, MA 01581 ■ (508) 986-9722
e: kimberly@mysmileland.com ■ w: www.mysmileland.com

facebook.com/smilelandwestborough

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Susan Trotter, Ph.D. – Relationship Coaching

Hours of Operation: Varied

841 Worcester Rd, Suite 248, Natick, MA 01760 ■ (508) 314-0486
e: susanrotterphd@gmail.com ■ w: www.susanrotterphd.com

facebook.com/susanrotterphd instagram.com/susanrotterphd

linkedin.com/in/susanrotterphd

Woman-Owned



VitalizeMD Skin Care & Laser Center

Medical Spa and Aesthetics. Laser hair removal, Botox, Dermal Fillers, skin tightening, facials, chemical peels etc.

Hours of Operation: Tue: 9:00 am – 2:00 pm, Thur: 1:30 pm – 6:30 pm, Thur: 9:00 am – 5:00 pm, Wed, Sat, & Sun: Closed

40 Lyman Street, Westborough, MA 01581 ■ (508) 366-7600
e: email ■ w: www.vitalizemd.com

facebook.com/vitalizemd instagram.com/vitalize_md

Woman-Owned

SERVICES [INSURANCE]



Blanco Insurance

Insurance agency with options for customers and their insurance needs.

Hours of Operation: M – F: 9 am – 5 pm

945 Concord St, Framingham, MA 01701 ■ (508) 532-8695
e: tania@blancoinsured.com ■ w: www.blancoinsured.com

facebook.com/blancoinsured linkedin.com/in/taniablanconyl

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■ **SERVICES [INSURANCE]** (cont.)



Dolan & Maloney Insurance Agency

Local, family and veteran owned, insurance agency helping individuals and businesses with proactive insurance advice and services. With us on your side you never have to go it alone.

Hours of Operation: M – Th: 9:00 am – 5:00 pm, Fri: By Appointment

141 Turnpike Road, Westborough, MA 01581 ■ (508) 366-4894

e: info@dmia.com ■ **w:** www.dmia.com

f facebook.com/dolanmaloney **i** instagram.com/dolanmaloneyinsurance

Veteran-Owned

■ **SERVICES [LEGAL]**



Precoma Law LLC

Legal services.

Hours of Operation: M – F: 9:00 am – 5:00 pm

2 summer Street, suite 5, Natick, MA 01760 ■ (774) 994-4031

e: info@precomalaw.com ■ **w:** www.precomalaw.com

Woman-Owned

■ **SERVICES [PERSONAL]**



Ambelish Beauty

We offer eyelash extensions and more!

18 Lyman Street, Westborough, MA 01581 ■ (508) 768-8677

e: Lashbossbeautyroom@icloud.com ■ **w:** www.vagaro.com/ambelishbeauty

i instagram.com/ambelishbeauty

Woman-Owned



Sun Catchers Tanning Spa

We provide UV tanning in stand up booths, lay down beds and the only one in the area “The Leg Tanner”! We also offer full body red light therapy.

166 Milk Street, Suite 5, Westborough, MA 01581 ■ (508) 366-8555

e: sun.catchers.tanning.spa@gmail.com ■ **w:** www.SunCatchersTanningSpa.com

f facebook.com/Sun-Catchers-Tanning-Spa-186759641374/

Woman-Owned



Textured Petite LLC

Hair salon, we are a private salon space that specializes in lived in haircuts and colors. Textured Petite is an inclusive, gender neutral/hourly rate pricing salon space. We offer haircuts and hair color. By appointment only, no walk ins.

Hours of Operation: Tue: 9:00 am – 3:00 pm, Wed: 10:00 am – 5:00 pm,

Fri: 11:00 am – 7:00 pm, Sat: 9:00 am – 3:00 pm

69 Milk Street, Suite 310, Westborough, MA 01581 ■ (508) 709-9711

e: Texturedpetitellc@gmail.com ■ **w:** www.Texturedpetite.com

i instagram.com/texturedpetite

Woman-Owned

salon and color café **true**

TrUe Salon and Color Cafe

We are a full service hair salon.

Framingham Hours of Operation: Tue & Fri: 9:00 am – 6:00 pm, Wed & Thur: 9:00 am – 9:00 pm, Sat: 8:00 am – 4:30 pm, Sun & Mon: closed

1291 Worcester Road, Route 9 West, Framingham, MA ■ (508) 879-3130

Westborough Hours of Operation: Tue, Wed, & Fri: 9:00 am – 6:00 pm, Thur: 9:00 am – 8:00 pm, Sat: 8:00 am – 4:30 pm, Sun & Mon: closed

290 Turnpike Road, Route 9 East, Westborough, MA 01581 ■ (508) 366-3306

w: www.truesalon.com

 facebook.com/truesalonandcolorcafe  instagram.com/truesalonandcolorcafe

Woman-Owned

SERVICES [PHOTOGRAPHY]

Sara Sniderman
Photography


Sara Sniderman Photography

Joyful, Genuine, and Connected Newborn and Family Photography. Joyful, Genuine, and Connected Newborn and Family Photography.

Natick, MA ■ (508) 433-0640

e: sara@sarasnidermanphotography.com ■ w: www.sarasnidermanphotography.com

 facebook.com/Sarasnidermanphotography

 instagram.com/sarasnidermanphotography

Woman-Owned

SERVICES [REAL ESTATE + HOME + GARDEN]



Acorn Hill Gardens

We design beautifully bespoke edible gardens that are made especially for you. Our gardens are thoughtfully curated to help transform any size garden into a space of beauty and edible magic. Come experience the magic of our designs.

Hours of Operation: Based on scheduled garden consultations

93 Hilldale Road, Ashland, MA 01721 ■ (724) 866-0122

e: hello@acornhillgardens.com ■ w: www.acornhillgardens.com

 facebook.com/acornhillgardens  instagram.com/acornhillgardens

Woman-Owned



All New England Construction Inc.

Hours of Operation: Monday to Saturday: 7 am – 6 pm

216 Irving Street, Framingham, MA 01702 ■ (508) 308-3180

e: allnewenglandconstruction@hotmail.com

w: <https://allnewenglandconst6.wixsite.com/allnewenglandconstru>

 instagram.com/allnewenglandconstructionm

Women-Owned

■ **SERVICES [REAL ESTATE + HOME + GARDEN]** (cont.)



Ashley Fuller Real Estate

Residential Real Estate.

Hours of Operation: 24/7

426 Boston Post Road Weston, MA 02493 ■ (781) 488-6604

e: Ashley.fuller@cbrealty.com ■ **w:** Coming Soon

f facebook.com/ashleyfullerrealestate **i** instagram.com/FullerRealtor

Women-Owned | Owned by a member of the LGBTQ+ community



Bree Dao Realty – 1 Worcester Homes

I am your local dedicated REALTOR®, my goal is to help make the home buying and selling process easy and fun!

35 Fisher Street, Westborough, MA 01581 ■ (508) 614-9994

e: Breedaohomes@gmail.com ■ **w:** www.breedaohomes.com

f facebook.com/breedaoarealty

Woman-Owned



Coastal Windows & Exteriors

Coastal Windows & Exteriors is a home renovation company that specializes in energy-efficient award-winning windows, vinyl siding, roofing, doors, and baths with lifetime warranties.

Hours of Operation: 9 am – 7 pm

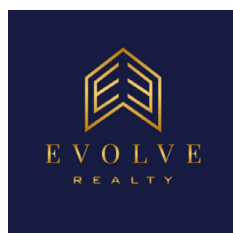
236 Cabot Street Beverly, MA 01915 ■ (978) 396-5884

e: svanderbilt@mycoastalwindows.com ■ **w:** www.mycoastalwindows.com

f facebook.com/CoastalWindowsAndExteriors **i** instagram.com/coastalexteriors

in linkedin.com/company/3264522 **yt** youtube.com/channel/UC883yrCOWyevMhZloikuYUQ

Women-Owned



Evolve Realty

Evolve Realty expertly guides home buyers, sellers, and investors through the rigors of real estate transactions, while providing the highest standard of personalized service. We are regularly available outside of traditional business hours—give us a call anytime!

Hours of Operation: Officially 9:00 am-5:00 pm (In reality evenings and weekends too)

25 Main Street, Wayland, MA 01778 ■ (508) 545.1323

e: veradias@theevolwerealty.com ■ **w:** www.theevolwerealty.com

i instagram.com/theevolwerealty

BIPOC-Owned | Women-Owned



Keller Williams Boston Northwest Realty/Omawali Stewart

Hours of Operation: 8 am - 8 pm daily

1 Militia Drive Suite 201, Lexington, MA 02421 ■ (646) 630-5594

e: omawali.stewart@kw.com ■ **w:** www.omawalistewart.kw.com

f facebook.com/omawalistewartrealestate **i** instagram.com/omawali.stewart

BIPOC-Owned



Onyx Marble & Granite

We are New England's premier custom fabrication and installation resource. We specialize in kitchen countertops, vanity tops, fireplaces, Jacuzzis, and tub surrounds made from Marble, Granite, Quartz, and more.

Hours of Operation: M–F: 9:00 am – 5:00 pm, Sat: 9:00 am – 1:00 pm, Sun: Closed)

93 Beaver St, Framingham, MA 01702 ■ (508) 620-0775

e: poliana@onyxgranite.com ■ w: www.onyxgranite.com

facebook.com/Onyxgranite instagram.com/onyxmarblegranite

www.houzz.com/pro/polianamoraes/onyx-marble-and-granite

Women-Owned



Rachel Stocker

Real Estate Advisor

Rachel Stocker Realtor, Rutledge Properties

Real Estate.

Hours of Operation: Mon – Sun: 8 am – 8 pm

572 Washington St., Wellesley, MA ■ (978) 460-3920

e: Rachel.stocker@rutledgeproperties.com ■ w: www.rachelstocker.com

facebook.com/rachelstockerrealtor instagram.com/rachelstockerrealtor

Women-Owned



Simply Windows

Shades, blinds, shutters, drapery, custom window treatments.

Hours of Operation: M – F: 9:00 am – 5:00 pm

133 E Main Street, Westborough, MA 01581 ■ (508) 544-2813

e: kweldon@simply-windows.com ■ w: www.simply-windows.com

facebook.com/SimplyWindows1 instagram.com/simply.windows

Woman-Owned



Sparklean Cleaning Services

We are a family-owned and operated cleaning company with over 10 years of experience and professionalism! Our company is fully insured and certified with a team of trained professionals. Sparklean guarantees quality cleaning with a personal touch. We service Central & Metrowest areas of MA.

Hours of Operation: M – F: 8:00 am – 6:00 pm, Sat: 8:00 am – 2:00 pm

122 Turnpike Road, Unit 2A, Westborough, MA 01581 ■ (508) 740-8407

e: email ■ w: www.sparkleancomp.com

facebook.com/neivasparkleanservices instagram.com/sparklean.services

BIPOC-Owned | Woman-Owned



Tasty Harvests Kitchen Gardens

Tasty Harvests is a Kitchen Garden consulting business that works with you to create, design, install and maintain your dream Kitchen garden. We also offer garden coaching and workshops.

565 Edmands Road, Framingham, MA 01701 ■ (508) 834-4055

e: tastyharvests@gmail.com ■ w: www.tastyharvests.com

facebook.com/Tastyharvests instagram.com/tastyharvests

pinterest.com/tastyharvests

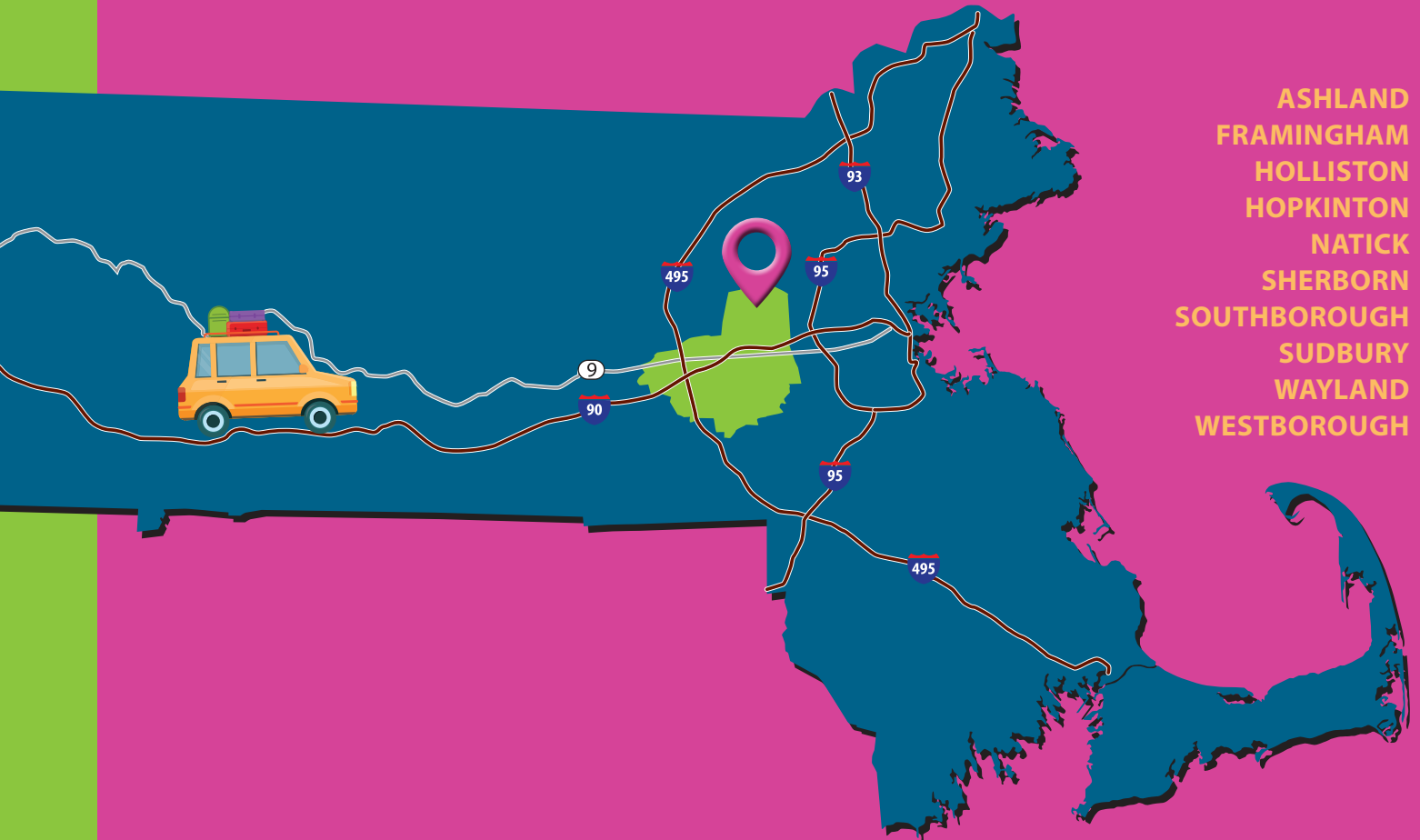
BIPOC-Owned | Women-Owned

Enjoy Your Visit!

WELCOME TO METROWEST

We are glad to introduce you to a variety of businesses in the MetroWest region that are either BIPOC-Owned, Woman-Owned, Veteran-Owned, Owned by a member of the LGBTQ+ Community, or Disability-Owned.

If you are, or know of, a business that fits in to one or more of the above categories and is operating in at least one of the towns listed below, contact Towma Rastad, MetroWest Chamber of Commerce, 508-879-5600, to be considered for future guides.



ASHLAND
FRAMINGHAM
HOLLISTON
HOPKINTON
NATICK
SHERBORN
SOUTHBOROUGH
SUDBURY
WAYLAND
WESTBOROUGH