



Debbie McIntosh

January 2, 2026

Debbie Antoinette McIntosh passed away January 2, 2026, at the age of 60. Loving mother of Jesse Scott. Survived by parents Winston and Rose McIntosh, siblings Allan and Natalie (Sean), her nieces, nephew and her beloved pup Charlie.

She will be dearly missed by many extended family members, friends.

Debbie was born in Jamaica, immigrating to Canada as a child but never forgot her roots. Growing up she was a devoted big sister, and extremely loving to her entire family. She was a fiercely competitive athlete, excelling at baseball and basketball. She was artistic and has always loved music. Debbie moved to British Columbia in her 20's where she became a mother to Jesse (her most honoured role in life) and pursued a career in banking. She later returned to Ontario and practiced as a personal trainer and health and wellness coach. She was always passionate about helping women to feel healthy, strong and confident.

Debbie will be remembered most by how she cared for others. She was extremely generous with what she had to give. Debbie consistently took others under her wing, freely giving love, support and kindness.

In Deb's memory, a donation to Spine Canada <https://spinecanada.ca/give-now/> and/or Heart and Stroke Foundation of Canada <https://www.heartandstroke.ca/> would be appreciated by the family.

Tribute Wall



“ To all of Deb’s family please accept my deepest condolences. From the first time Deb and I met in grade 8, we became the best of friends. Although as adults we were living in different Countries, we’ve stayed in touch...a birthday never went by without each of us reaching out to wish the other a wonderful day...RIP Deb, your beautiful soul will live on through everyone that has had the pleasure of knowing you.

Tanny Rockbrune - February 05 at 01:37 AM

SA

“ So sorry to all of Deb’s family for their very sad loss. I met Deb many years ago at Truestar where she was my fantastic trainer. We connected immediate to have a long lasting wonderful friendship, I really thought the works of her and was heartbroken to hear the news of her passing. RIP my sweet friend❤️❤️

Sue Amsbury - January 31 at 01:48 PM

EN

“ To the Mcintosh family my deepest sympathy to you all in your loss . Debbie was my friend from kids up . We shared many good times ! I’m really at loss for words but she will be remembered always in my heart . As we grew up we grew apart as many people do but the memories I have of deb will always keep a smile on my face and a warmth in my heart . Always remembered and loved . Rest in peace my friend . Ella Nickerson

Ella Nickerson - January 22 at 01:50 AM

RD

“ *Debbie dated my brother for many years. Our children (my Meghan & Kelsey, her boy Jesse) were the same age and got on fabulously. We travelled from BC to Alberta when the kids were small and had the best time ever. I will never forget the laughter we shared. Rest in peace you beautiful soul. I will miss knowing you are here with us and I look forward to seeing you again on the other side. Love you my sister.*

Rhonda Day - January 19 at 01:39 PM



I am so sorry to hear of your loss Winston and Rose. I only met Debbie once, when I came to Canada to meet you all. I kept in touch with her through Facebook and did not realise that she was that ill. God bless you all.

Gina Peliti - January 25 at 06:23 PM