

**Take A Solar Moment, LLC
Experience**

The Art of Healing

**With
MC Queen Solar**

Sharing Artistic Energy for Trauma Survival
Healing through Creative Expression



Before



During

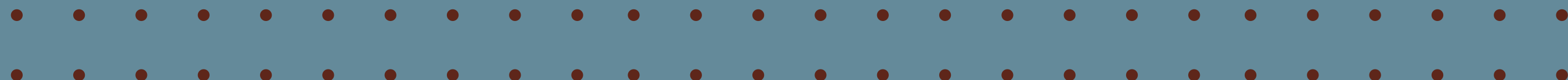


After



Facilitated By

MC Queen Solar Ingram - Powell



The Journey



2023



2024



2025

From Injured to Impactful, a severe dog bite experience turned into a powerful story of fortitude that lead to self healing and real love!

Now, advocating for trauma recovery through the arts, to encourage pet owners, surgery survivors, thriving couples and domestic violence survivors to embrace healing using a pathway to accountability using “In The Shadows of Her Praise” as the guide!



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Examples of How the Arts Heal

Journaling for Recovery

Prompts to inspire
personal reflections

Interactive Workshops

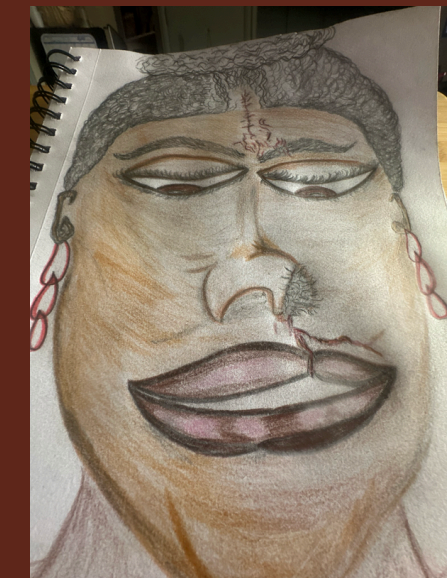
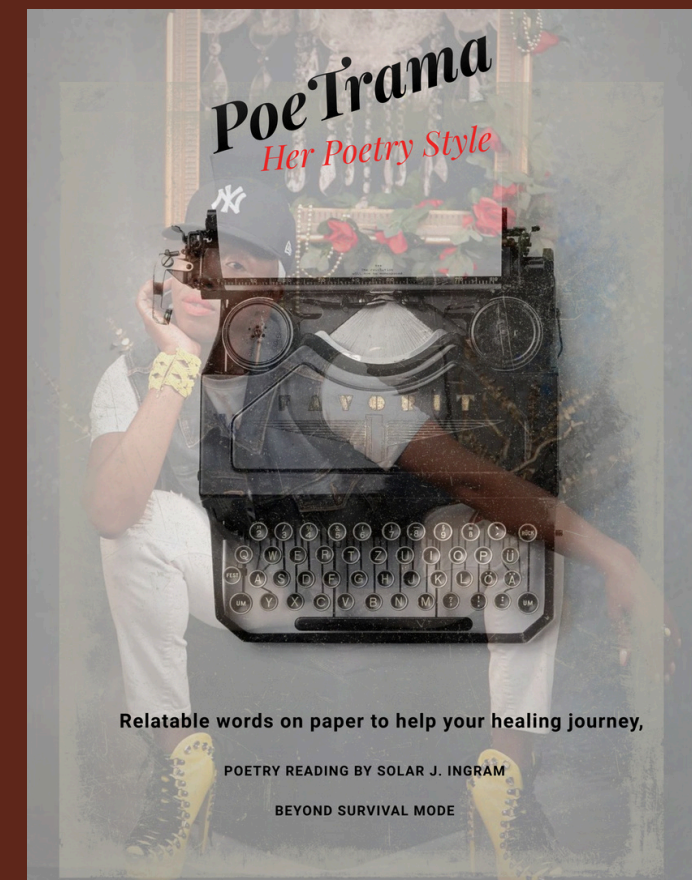
Community Engagement
Events

Exercises to navigate
emotional challenges

Reflections on personal
growth journeys

Skill-building for artistic
expression

Shared experiences fostering
connections



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Healing Transends Across All Ages



Middle School to High School (Ages 11-18)



Young Adults (Ages 18-35)

Middle-Aged Adults (Ages 35-55)



**Secondary Markets:
Older Adults (55+)**



Delivering Organic Transformation

412K

Participants Engaged Creatively



3,500

Survivors of Trauma



2,500

Books & Merch Items Distributed



150

Sponsorships & Events Secured



“Creative expression is a powerful catalyst for healing, allowing individuals to reclaim their voices and their stories. And for over 30 years the rubber band ball has shown how many people desire to heal from my energy and the arts”

– MC Queen



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Resilience in Action



408K

Survivors empowered annually

1,234

Art therapy participants & Growing

1,600

Journals distributed yearly Written & Digital

150 +

Outreach Events Hosted Annually

“Through creative art expression, and storytelling, we find our voice, heal our wounds, and inspire others on their journey to resilience and recovery.”

MC Queen Solar

Over 20 Years of Entertainment & Outreach

- Annual Taking It to the Streets
- Funk Festival of Buffalo
- Masten District Family Reunion
- Friday Night Live on Jefferson Ave.
- 2022 NYS Book Tour
- Atlanta Expo & More!



MLK EVENTS
VOICES OF THE CORRIDOR

Join Michigan Street African American Heritage Corridor on MLK Day January 20th for the kick off, Voices of the Corridor: An Oral History Project, an inspiring event honoring Dr. Martin Luther King Jr.'s legacy of resilience, justice, hope, and compassion. This program aims to foster reflection, hope, and unity on this significant day.

The event which will be held at 119 Broadway Ave. from 11AM - 1PM will feature special guests **Tiffany Gaines**, Associate Curator of the Burchfield Penney Art Center, who will share her unique perspective on oral history, and **Solar Ingram**, celebrating the launch of her book, In the Shadows of Her Praise.

Attendees can participate in history-related activities, learn about our new oral history initiative, sign up to contribute their story to the project, or even record a brief oral history on-site (space permitting). **Free and open to the public.**

Pictured l/r Tiffany Gaines and Solar Ingram

JOIN DESTINY PRODUCTION'S DOMESTIC VIOLENCE PANEL

Saturday, September 27, 2025
Doors Open @ 5pm Event Starts @ 5:30pm
The Black Butterfly Event Venue
769 Main Street, Buffalo, NY 14203

"Where sharing stories and asking questions fosters supportive community, empowering us to heal and move forward together."

Hosted By: Dawna
Music Provided By: DJ Lady T Live Performance By: Kenyada Davis

MEET THE PANEL

Tiffany Lewis

Janate Solar Ingram

Juanita Simmons

NDure

Vette Green

Leilahtiana

Tickets: \$25 in Advance / \$30 at the Door
Tickets Available At:
Doris Records - 286 East Ferry Street, Buffalo, NY
Limited Seating Get Your Tickets Today!



VISION MULTI MEDIA PRESENTS
ANNUAL Wigo
HEALTH WEALTH EDUCATION
EXPO
OCT 25 SATURDAY 2025
12:00 Noon - 8:00 PM

- PANEL DISCUSSIONS
- FOOD TRUCKS
- VENDORS
- FASHION SHOW
- PRIZES EVERY HOUR
- HAIR TUTORIALS
- TASTE TESTING
- 12 PM - 3 PM: PANELS
- 3 PM - 5 PM: ALEX HARRIS & MARK WILLIAMS
- 5 PM - 8 PM: HOT TODDIES, JAZZ & CIGARS

ON LOCATION AT THE RADIO STATION
2424 OLD REX MORROW ROAD ELLENWOOD GA 30294
WWW.WIGO1570.COM FOR MORE INFORMATION CALL 404-361-1570





Take A Solar Moment, LLC

100% Organic Lead Generation

Service Results Prior to Visual Trauma



The arts, entertainment and positive community engagement are all informative and lucrative markets according to our 100% Organic Lead Generation.

Prior to an August 2024 Dog Bite to my face, I shared my artistic abilities with families via organizations seeking to engage with these markets.

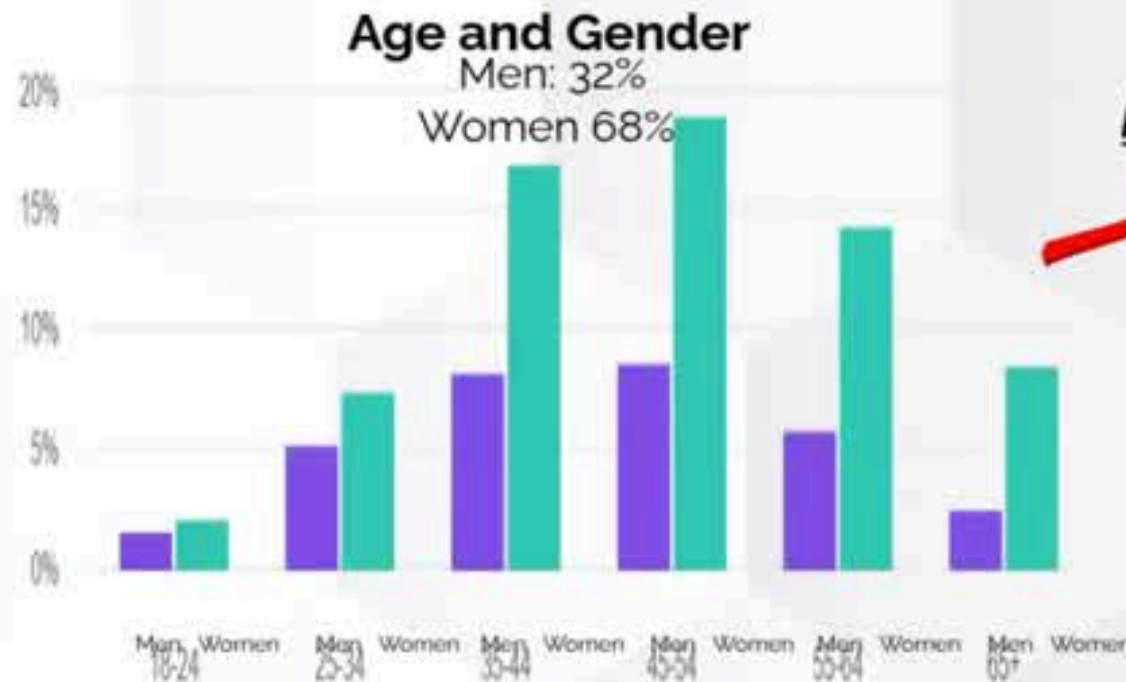
Established in 2017, TASM has been a navigation guide to endorse messaging about products, services and desire of the community need to enhance the quality of life reflected of the WNY area directly and global communities alike. Appealing to consumers annual spending shown from on-line performance.

2024 Cities Impacted

Buffalo, NY	691
Cheektowaga, NY	23
Niagara Falls, NY.	19
Tonawanda, NY.	9
New York, NY.	6
Amherst, NY.	5
Atlanta, GA.	5
North Tonawanda, NY.	5
Rochester, NY.	5
Lackawanna, NY	4

2024 Countries Impacted

United States.	1,087
Nigeria.	11
India	5
Banglades	2
Botswana	2
Canada	1
Ireland	1
Madagascar	1
Pakistan	1
Philippines	1



Meta Business Performance

Organic	100%
Paid	0%
Posted	75.9%
Crossposted	0%
Shared	24.1%
Followers	57.8%
Non followers	42.2%
Live	0.73%
Video	67.6%
Reels	31.6%

For more data follow Take A Solar Moment



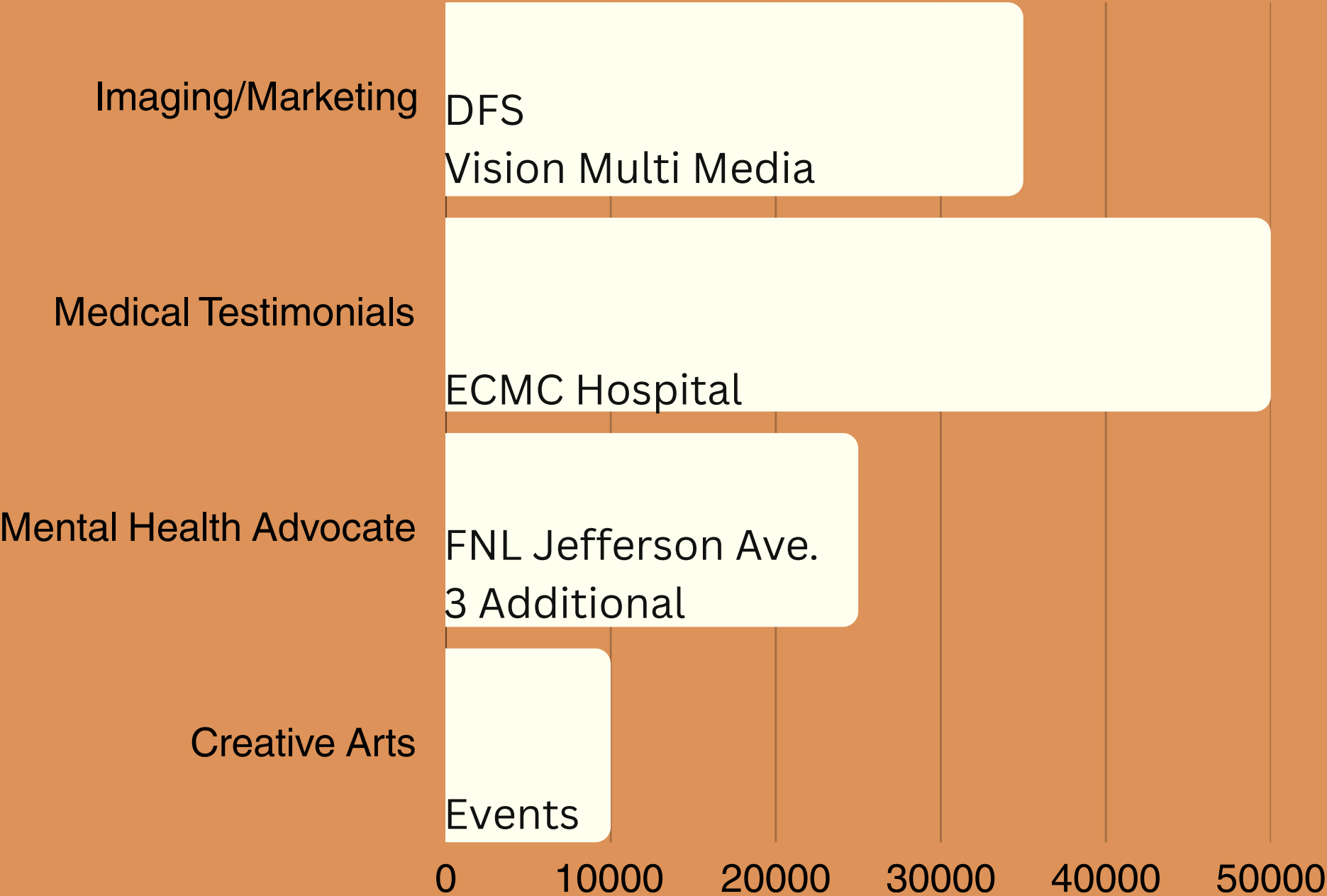
Sponsorship Opportunities

Your support will provide a chance to make a meaningful impact: **In - Person, On-Line, At - Events and On - Air.**

Together, we can empower survivors through the arts, fostering healing and resilience in our community.



Exclusive Sponsorship Levels



Sponsorship Disclosure

Funding Allocation: All sponsorships received will be allocated towards event production, publication of materials, travel expenses, and presentation costs associated with this project.

Investment Terms: All sponsorship investments are final and non-refundable once committed.

Mission Alignment: Sponsorship allocations are limited to organizations and initiatives that align with our mission of trauma healing through creative expression and community support.

Sponsorship Categories: We encourage potential sponsors to identify their sponsorship category to ensure we serve our survivors well.

Examples include: Medical, Imaging, Mental Health, Outreach Events, and other trauma-recovery support services.

Transparency Statement: We are committed to using all sponsored funds responsibly and in direct support of our stated objectives to help individuals process trauma through poetry and creative workshops.



Make Checks Payable To:
Take A Solar Moment, LLC
594 Dodge Street
Buffalo, NY 14208



Your donations and Support help spread the art of healing!



In The Shadows of Her Praise

\$20

Cast Iron Omissions Memoir

\$15

Both Books for ONLY

\$30



CashApp:
\$SolarMoments



*Cash
&
Other
Payments Accepted*



Stay connected via my website
www.takeasolarmoment.com



Zell

takeasolarmoment@gmail.com



Take A Solar Moment, LLC is a passionate endeavor born out of a love for literature and the desire to share the joy of the arts with the world.



WWW.TAKEASOLARMOMENT.COM

TAKE A SOLAR MOMENT, LLC
AUTHOR - ARTIST - INFLUENCER
MC Queen Solar *The Communities Daughter*

Definition of Take A Solar Moment

"Take A Solar Moment" is a concept defined as allowing yourself time, space, and creativity to produce positive outcomes. This definition suggests a mindful approach to personal growth and productivity that emphasizes:

1. Time: Giving yourself dedicated moments for reflection and intentional action
2. Space: Creating a mental or physical environment conducive to meaningful work
3. Creativity: Enabling innovative thinking and novel problem-solving approaches

The goal is to generate positive, constructive results by being intentional and mindful in your approach to tasks or challenges.

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Solar has and will always be the voice of those who has experienced life on natural terms with supernatural outcomes due to fortified faith.



[HTTPS://FFM.BIO/MCQUEENSOLAR](https://ffm.bio/mcqueensolar)

Thank you in advance for your generous support!

"Take A Solar Moment" established in 2017, is a transformative initiative that seeks to harness the power of healing to drive sustainable change within individuals from communities who have suffered trauma.

Dubbed the "Community's Daughter," this project embodies the nurturing spirit of a daughter, caring for her community by promoting renewable artistic solutions. Her energy not only reduces life's carbon footprints, but also empowers community members to communicate their needs during their healing journey.

This initiative fosters stewardship and educates communities on the benefits of ensuring a brighter, more sustainable future for all. Through workshops, partnerships, and hands-on projects, "Take A Solar Moment" is dedicated to illuminating lives with the warmth via the arts (Written, Music, Dance and Theater).



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