

## Avery Jam

Avery Jam's art revolves around the complex narratives of mental health. Working through her plethora of mental problems, Jam's art reaches out to those who are struggling and seeks to understand the emotions people often try to hide. Through her mixed media and collage pieces she weaves a whimsical web of emotions and tribulations. Using found objects from empty medication bottles to magazine clippings, she emphasizes the layers of mental health. Jam's work finds solace in the uncomfortable, often highlighting moments of horror in day to day life.

Avery Jam was born in 1998 in Billings Montana. She was raised by two creative parents and loved art from a very young age. Her main interests are illustration and collage, and she draws heavily from her personal experience with mental illness to create intimate and personal works that elicit strong emotions from the viewer. Jam works as a gallery assistant at GOCA on the UCCS campus while currently pursuing her BA in Visual Art at UCCS. In the fall of 2023, Jam was featured in a show held by GOCA titled *Memento*. She currently lives in Colorado Springs with her two best friends and her dog-child Midge.

*Hard Pills To Swallow*, pill containers, clay, mixed media, dimensions vary, 2023

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