



Megan Tyler

Megan Tyler, born in Winnipeg in 1997, has been drawing for her entire life. She took art throughout school, and found it a wonderful outlet. She became serious about her art after Grade 10, when a teacher gave her strongly supportive input. She discovered art journaling and has been filling up sketchbooks ever since. During the last four years, she has been creating collages and experimenting with different mediums including watercolour, pen and ink, acrylic, and painting abstract pieces with acrylic on canvas. She often combines this work with words and collaged representational images which she selects from old magazines from antique shops and thrift stores. Megan explains that these added elements are carefully chosen and express her thoughts better than drawing alone. "My art has a lot of layers," she says, "I enjoy the process of changing the look of a piece. With each new layer, I am able to process complex situations and emotions."

Megan – who says she's especially caring towards friends, family, and people with mental health issues – adds that her art gives her purpose and keeps her alive. In *Fragmentations: Internal Family Systems Theory*, she explores issues related to body image, grief, borderline personality disorder and internal family systems theory.