



## **Val Dolgin**

I am one of the rare Vancouverites who was born in the city and with the exception of two years in Calgary, have lived here my entire life. I grew up in False Creek Co-op with my parents and sister, where we were free to roam the parks and seawall at will. In fact, you may know my parents, Bob and Gisi Levitt or other members of my family as we have been active in the Jewish community for 4 generations.

Growing up, my family was not religious but we were connected to all aspects of the community, and I felt a responsibility to continue to be involved. I was an Advisor, then City Supervisor of BBYO at the JCC, a counsellor and later Program Manager for JCC summer day camps, worked at Hillel UBC and later volunteered on Or Shalom's Board. I was involved in Or Shalom's Young Adult Havurah (YAC) in its heyday and my two kids have been involved in the Shabbat Sheli program since its start.

I have a B.A. in Communications from SFU and a Masters in Counselling Psychology from the Adler School of Psychology. For about the past 10 years I have been working as a child and youth therapist at Family Services of the North Shore and 2 years ago started my own private practice with an office in downtown Vancouver. I have two kids: Erez and Mia who keep me incredibly busy and who are always teaching me about how to have fun and enjoy the little things.

I love to dream about a slower future where there is time for reading, walking, playing and learning new skills. On my current bucket list: piano lessons, learning to speak Hebrew and starting a podcast.

For at least 15 years Or Shalom has been my spiritual home. I love the community, the commitment of our members and the feeling of connection on Shabbat mornings.

Ask me about the time I learned how to walk on stilts!