

Check out KCCEB's videos on YouTube

Tobacco Digital Stories



A conversation with
community workers



Appa, I will be
your quitline



Unpoken, Mr. Kim's
smoking story

We don't often consider how culture and challenges of being an immigrant influence our experience with tobacco and quitting. The goal of KCCEB's tobacco digital storytelling project is to elevate the voices and stories of our community to raise awareness and increase visibility.



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Asian American's
struggle to be PERFECT



Journey to healing
through counseling



Practice Taichi with
KCCEB in English

Asian Americans Struggle - A video created by our YAAS! youth about the challenges Asian Americans face and how they combat them and find their sense of worth.

Journey to Healing - In Asian culture, talking about mental health can be very challenging. A young woman talks about her emotional pain and her brave journey towards healing.

Practice Taichi - Falls are the leading cause of injury in the 65+ group. Fall incidents can also be traumatizing for seniors. Watch our evidence-based Taichi videos to prevent falls.

