



NUMBER EIGHT
PRISON PROJECT

MALOHI MANA

Domestic and Family Violence Workshop

The Malohi Mana program is a culturally grounded pastoral care initiative developed by N8PP to support Pasifika men and women who have used harm in relationships and are seeking to address their behaviours and make positive change in their lives and families.

Duration:

- 8 weeks
- 2.5 hours per session

Key Topics included: Cultural Identity, Understanding Healthy Relationships, Faith in Relationships and Exploring Toxic Masculinity and Power Dynamics

The program integrates talanoa, reflective journaling, group discussion, and guided activities, using a culturally anchored, trauma and faith informed approach. Malohi Mana means “strong spirit,” and the workshop honours the strength it takes to choose change and healing.

Strengthening Families. Restoring Identity. Ending Violence.

A culturally grounded family and domestic violence workshop for Pasifika men and women.

About Malohi Mana

Malohi Mana is an 8-week domestic and family violence (DFV) intervention and prevention workshop, created specifically for Pasifika communities. Rooted in Pasifika cultural frameworks and faith-grounded principles, the program creates space for critical self-reflection, healing, and restoration.

Each session explores key areas such as:

- Healthy relationships and effective communication
- Cultural expectations and toxic masculinity
- The impact of violence on children and families
- Faith, gender roles, and misinterpreted belief systems
- Restoring cultural identity and personal responsibility

Participants are asked to engage with a confronting but essential question:

“Why do I harm the people I love?”

Why This Matters

Pasifika communities in Australia and across the Pacific continue to experience some of the highest reported rates of family, domestic, and intimate partner violence. Despite this, there remains a lack of culturally safe and relevant responses that truly speak to the unique dynamics within our families.

Malohi Mana addresses this gap by:

- Challenging distorted interpretations of masculinity
- Encouraging honest reflection on power and harm
- Addressing the influence of colonisation on identity and behaviour
- Creating culturally anchored pathways for healing

This is a journey of identity reclamation, accountability, and community transformation.

Community-Led and Professionally Reviewed

Malohi Mana has been reviewed by an external group of professionals across social work, psychology, theology, and community development. Their feedback has affirmed the program’s cultural relevance, depth, and potential to create lasting impact:

“The cultural and faith approach is a strength. This is one of the only programs that challenges participants to explore masculinity and violence within a Pasifika framework.”

— Review Group Member

The review process has helped shape and refine the program, ensuring it remains trauma-informed, culturally safe, and deeply resonant with our communities.

Partner With Us

Malohi Mana is proudly delivered through the Number 8 Prison Project (N8PP) — a Pasifika-led community organisation committed to supporting individuals and families impacted by the justice system.

We are seeking partnerships with agencies, faith communities, and organisations who share our commitment to culturally grounded, community-driven responses to family violence.

Together, we can restore mana, repair relationships, and rebuild strong families.

✉ **Contact and referrals:** mana@number8prisonproject.org.au

🌐 **Website:** ManaMalohi_by_N8PP

📍 **Based in South Western Sydney | Delivering across NSW**