



NUMBER EIGHT  
PRISON PROJECT

# MANA RESTORATION Program

*Identity*

*Wellbeing*

*Cultural Values*

*Behaviours*

*The Mana Restoration Program isn't just about rehabilitation—it's about helping people get their mana (spirit) and sense of self back. We support them in finding their dignity, healing, and building a better future. Through a culturally safe and empowering approach, we don't just help people fit back into the community—we help them feel proud, strong, and ready to move forward with their families and wider community.*

## **Program Structure**

*The program is delivered over 6 weeks, with each week focusing on a different module. Participants who begin their journey with us while in custody and are encouraged to complete the full program in the community after release, ensuring continuity of support and cultural connection during reintegration.*

*You can also be referred to us by a SAPO or Community Corrections officer **after release to complete this program as an alternative to other programs.***

***In Custody: Participants may complete one or more modules while in custody (pre-release).***

***In Community: Those who start in custody are encouraged to complete the full program upon release, reinforcing personal growth and connection to a support network (post release).***

### **Program Modules**

*Each module builds on the last, guiding participants through a process of reflection, healing, and transformation. Some of the modules include:*

- *Mana & Identity – Understanding the meaning of mana and reconnecting with cultural identity.*
- *The Impact of Violence – Understanding the effects of violence and developing non-violent solutions.*
- *Addiction & Recovery – Exploring the roots of addiction and steps toward healing.*
- *Healthy Relationships - Explore what healthy relationships look and feel like —rooted in respect, connection, and cultural values*
- *Leadership & Service – Learning to give back and serve the community.*
- *Planning for the Future and Next Steps - Setting goals and building practical life skills and committing to ongoing growth.*

*For more info or to make a referral please contact us on:*

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*[www.number8prisonproject.org.au](http://www.number8prisonproject.org.au)*



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