| **Expense Item** | **Estimated Cost Per Session** | **Estimated Total for 6 Weeks** |
| --- | --- | --- |
| Facilitator Time (Hourly Rate) | $50 - $100 per session | $300 - $600 |
| Space Rental (if not provided) | $0 - $100 per session | $0 - $600 |
| Materials (worksheets, handouts, visuals) | $20 - $40 per session | $120 - $240 |
| Snacks & Drinks | $25 - $50 per session | $150 - $300 |

| **Expense Category** | **Estimated Cost Range** |
| --- | --- |
| Facilitator Time (6 sessions) | $300 - $600 |
| Space Rental (if needed) | $0 - $600 |
| Materials (printed materials, supplies) | $120 - $240 |
| Food & Drinks | $150 - $300 |
| Week-Specific Costs | $170 - $270 |
| Total Estimated Cost | $740 - $2,010 |

| **Week #** | **Topic** | **Additional Materials Needed** | **Estimated Cost** |
| --- | --- | --- | --- |
| Week 1 | Introductions & Goal Setting | Name tag materials, markers, SMART goal handouts | $20 - $30 |
| Week 2 | Self-Care & Daily Living | Hygiene products (toothbrush, shoes), task analysis worksheets | $30 - $50 |
| Week 3 | Meal Planning & Cooking | Ingredients (bacon, lettuce, tomato, bread), utensils (cutting boards, knives) | $50 - $80 |
| Week 4 | Budgeting & Money Mgmt | Budget sheets, calculators, income/expense worksheets | $20 - $30 |
| Week 5 | Transportation & Community | Bus maps, travel planning materials, guest speaker stipend (if needed) | $30 - $50 |
| Week 6 | Future Planning & Reflection | Printed O\*Net results, goal sheets, reflection prompts | $20 - $30 |