Support Cryptogram

Solve:

Theme: your main avenues for support.

AJCJC | LZPD-LDYFDZIIPQF | ZEWPBYD ICCUPQFB | ICBBZFC PQBUDJKUYD YD ICQUYD

Hints:

A=Q

C=E

I=M

L=P

Q=N

Y=O

Answer:

QUEUE | PAIR-PROGRAMMING | ADVISOR MEETINGS | MESSAGE INSTRUCTOR OR MENTOR