Support Cryptogram

Can you solve this?

Save your answers to a text document (word, pages, etc…) titled support-cryptogram.

Theme: your main avenues for support.

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QUEUE | PAIR-PROGRAMMING | ADVISOR MEETINGS | MESSAGE INSTRUCTOR OR MENTOR
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AJCJC | LZPD-LDYFDZIIPQF | ZEWPBYD ICCUPQFB | ICBBZFC PQBUDJKUYD YD ICQUYD
```