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.

????? | ????-??????????? | ??????? ???????? | ??????? ?????????? ?? ??????

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

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