



|\_ | Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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Item 7.01 Regulation FD Disclosure.

First Trust Specialty Finance and Financial Opportunities Fund (the "Fund") is filing herewith a press release issued on November 6, 2018 as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that Confluence Investment Management, LLC, the Fund's investment sub-advisor, will release an update on the market and the Fund on November 8, 2018. Details regarding the access to the update are contained in the press release included herein.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated November 6, 2018.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: November 6, 2018

FIRST TRUST SPECIALTY FINANCE AND FINANCIAL OPPORTUNITIES FUND

By: /s/ W. Scott Jardine

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Name: W. Scott Jardine  
Title: Secretary

EXHIBIT INDEX

Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated November 6, 2018.