



|\_ | 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 February 22, 2019 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 February 26, 2019. 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 February 22, 2019.

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: February 22, 2019

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

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Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated February 22, 2019.