

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

Item 7.01 Regulation FD Disclosure.

First Trust Specialty Finance and Financial Opportunities Fund (the "Fund") is filing herewith a press release issued on August 9, 2016, as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that on August 23, 2016, the Fund will host a conference call with Confluence Investment Management, LLC, the Fund's investment sub-advisor. The purpose of the call is for the Fund's portfolio management team to provide an update for the Fund. Details regarding the conference call 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 August 9, 2016.

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: August 9, 2016

FIRST TRUST SPECIALTY FINANCE AND FINANCIAL OPPORTUNITIES FUND

By: /s/ W. Scott Jardine

Name: W. Scott Jardine

Title: Secretary

EXHIBIT INDEX

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