

First Trust Alternative Opportunities Fund

A Delaware Statutory Trust

Notification of Sources of Distributions

Pursuant to Rule 19a-1 under the Investment Company Act of 1940

DISTRIBUTION PAID DATE: June 7, 2023

DISTRIBUTION AMOUNT PER COMMON SHARE: **Class I** \$0.15388
Class A \$0.15184

We are providing shareholders of the First Trust Alternative Opportunities Fund (the "Fund"), a Delaware Statutory Trust, with information concerning the portion of the distribution declared on June 7, 2023, that was from a source other than net investment book income. No action is required on your part.

The Fund distributes a monthly dividend of net investment income calculated during each monthly dividend calculation period. The amounts and sources of distributions reported in this notice are estimates, are not being reported for tax reporting purposes and may later be determined to be from taxable net investment income, short-term gains, long-term gains (to the extent permitted by law), and return of capital. (Return of capital may occur for example when some or all of the money that you invested in the Fund is paid back to you). The actual amounts and sources for tax reporting purposes will depend upon the Fund's investment experience during the remainder of the fiscal year and may be subject to changes based on tax regulations. You will receive a Form 1099-DIV for the calendar year that will tell you how to report these distributions for federal income tax purposes. As a result, shareholders should not use this distribution information for tax reporting purposes.

Class I Shares	Current Distribution	% of Current Distribution	Cumulative Distribution for the Fiscal Year to Date	% of the Cumulative Distribution for the Fiscal year to Date
Estimated Net Investment Income	\$ 0.01756	11.41%	\$ 0.17069	55.60%
Estimated Short Term Capital Gains	-	-	-	0.00%
Estimated Long Term Capital Gains	-	-	-	0.00%
Estimated Return of Capital	0.13632	88.59%	0.13632	44.40%
Total (Per Share)	\$ 0.15388	100.00%	\$ 0.30701	100.00%

Pay Date: June 7, 2023 **Ticker:** VFLEX **Fund Name:** First Trust Alternative Opportunities Fund **CUSIP:** 75943J100

Class A Shares	Current Distribution	% of Current Distribution	Cumulative Distribution for the Fiscal Year to Date	% of the Cumulative Distribution for the Fiscal year to Date
Estimated Net Investment Income	\$ 0.05847	38.51 %	\$ 0.20967	69.19%
Estimated Short Term Capital Gains	-	-	-	0.00%
Estimated Long Term Capital Gains	-	-	-	0.00%
Estimated Return of Capital	0.09337	61.49 %	0.09337	30.81%
Total (Per Share)	\$ 0.15184	100.00%	\$ 0.30304	100.00%

Pay Date: June 7, 2023 **Ticker:** VFLAX **Fund Name:** First Trust Alternative Opportunities Fund **CUSIP:** 75943J209

This information is not intended to be substituted for specific tax documents or specific individualized tax, legal or investment planning advice. Where specific advice is necessary or appropriate, we recommend consultation with a qualified tax advisor, CPA or Financial Planner.

Notice to Broker-Dealers: This notice should be provided to the underlying shareholders.